

# RECIPES

## *Comida Típica*



*Peperecha*



*Pupusas*



*Atol Shuco ("Chuco")*

**Agua Caliente,  
Chalatenango  
EL SALVADOR, C.A.**

## **TABLE OF CONTENTS**

	<b><u>PAGE #</u></b>
<i>INTRODUCTION</i>	1
<i>BEVERAGES</i>	
Horchata	2
FRESCOS -- Fresco de Tamarindo	4
"Pusungu" or Café de Maiz	5
<i>ATOL</i>	
Atol Shuco ("Chuco")	7
<i>VINAGRE CASERO</i>	9
<i>TORTILLAS</i>	10
<i>BEANS / FRIJOLES</i>	12
<i>SOUPS, MAIN DISHES</i>	
Sopa de Chumpe	14
Sopa de Patas	16
Tortas de Espinaca	17
Flores de Madrecacao con huevos	18
<i>RIGUAS</i>	20
<i>PUPUSAS</i>	22
Pupusas de chicharrón, revueltas y queso; con curtido y salsa	24
<i>SNACKS, OTHER SPECIALTIES</i>	
Tamales de Gallina	27
Pasteles	30
Yuca Sancochada y Frita	34
<i>BREADS, DESSERTS, COOKIES</i>	
Quesadilla	36
Pan de Sorgo – Salpores	39
Pan de Sorgo – Rosquetes	41
Marquesote	42
Empanadas de Arroz	44
Salpores de Arroz	46
Santanecas	47
Dulces de Leche	49

## **INTRODUCTION**

April 2000

### ***A few general notes about the recipes and translations that follow:***

The following collection of recipes was compiled through cooking sessions and interviews with women in Agua Caliente, Chalatenango, El Salvador in 1999-2000. Many of the recipes are in large quantities to remain true to the way they are prepared, often for sale. Quantities can of course be reduced accordingly.

Also, precise measurements are rare, or at the very least quite different to what most North Americans are accustomed. For example, when asked "how much" of an ingredient, many of the women in Agua Caliente referred to monetary amounts – "add 5 *colones* of this, or 2 *colones* of that..." (The current exchange rate is about 8.7 colones per 1 U.S. dollar, so 1 colón is worth about 13 cents.) Also, because some ingredients are of a single, standard brand and package size, the response might be "2 envelopes of consomé, a spoonful of "Royal" (baking powder)..." I never saw anyone use a measuring cup or measuring spoon of any kind. I've translated as best as I could but be aware that these are not scientifically precise.

Also, I never saw anyone use a cookbook or printed material of any kind. It follows that the cooks are not accustomed to thinking in terms of communicating their "recipes" or cooking knowledge in written, sequential form. Many of the steps are assumed and taken for granted. For these cooks, many procedures have become so routine as to be obvious and certainly not deserving of any explanation. I've tried to elaborate when possible...

A typical conversation thus might run as follows: "Is that all you add?... Yes, that's all. You don't add any onion?... Yes of course I add onion. Oh, how about garlic? Yes, of course I add garlic. And nothing else? No, that's all...." So, hopefully I haven't omitted too many vital ingredients or steps.

Of course, many of the ingredients, particularly fresh fruit and vegetables, are difficult if not impossible to find in the United States. Although the results will vary, substitutes are possible and I've noted a few.

On the subject of "food facts", I've heard it said that El Salvador has the highest per capita consumption of Worcestershire sauce ("salsa inglesa") in the world (!) – it's popular but I can't verify that as a fact. I've also read that this country has the highest per capita consumption, in all of Central America, of both eggs and chicken – again they're both popular but who's counting... (By observation, I'd also add chicken bouillon to the list – it seems to be added to everything.... ??)

Also, there are many "typical" Salvadoran dishes that may not be included here – some for lack of time, space or familiarity; others because they simply are not common in Agua Caliente. Seafood, for example, is not represented here but very popular in coastal areas of El Salvador. Also, armadillo, lizard, rabbit, goat, sheep, snake and other meats and birds are consumed by some when available. And there are regional variations and specialties that could be noted but.... I simply ran out of time.

Finally, my apologies to the many cooks in Agua Caliente that are not represented here. I know there are many more and I'm certain they are all deserving. And many thanks to the many that did collaborate -- Hopefully these women (and men) will sense a small amount of the recognition they deserve for their knowledge, skills and hard work.

THANK YOU AGUA CALIENTE....

Marcy Carrel, Peace Corps Volunteer 1998-2000

## Horchata

Maria Natividad Tejada  
Agua Caliente

Maria Natividad Tejada has run a small pupusa stand in the central plaza for about 12 years. She carries in the dishes, utensils, prepared *masa* and other ingredients from her home across town. (A wooden table and benches, along with a metal cooking barrel and *comal* are left in the stand.) Niña Natividad arrives most mornings and, often with the help of her daughter Reina Maria, serves through the lunch hour. Niña Natividad also offers a *fresco* each day – normally a fresh pineapple or orange juice mixed with water and sugar. On Thursdays and Sundays, the busiest days in Agua Caliente, *horchata* is available. Rice, cinnamon and sugar are the basic, essential ingredients of all *horchata* drinks, yet the seeds and/or other spices may vary somewhat depending on availability and personal taste. *Morro* seeds are most common; sesame seeds and ground chocolate are also possible. Niña Natividad brings her semi-prepared mixture to the stand and completes the process with the water available from the nearby public well. *Horchata* is a popular beverage and Niña Natividad always sells all that she prepares.



*Niña Natividad and Wilma Yaneth Ochoa Villeda strain the ground rice, morro seeds and other ingredients through a fine cloth, adding water as needed. The sweet, milky drink is served cold, often over ice.*



**Horchata** (Yield about 7 gallons of sweet rice beverage)

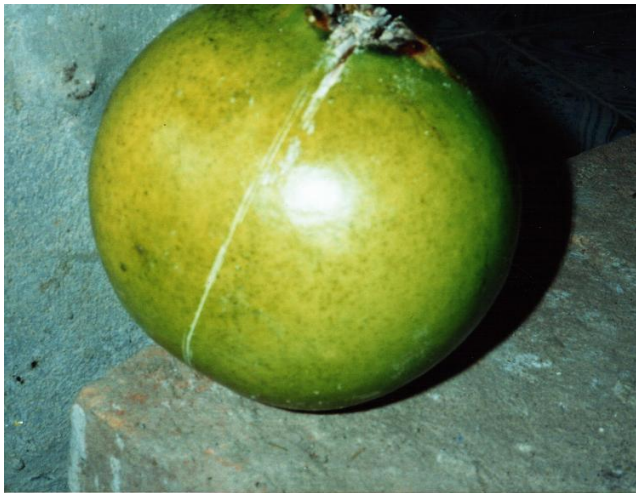
Water – about 7 gallons  
Rice – 3 pounds  
Morro seeds – 1 pound  
Cinnamon – 2 large sticks  
Sugar – 4 pounds, or less, to taste  
Ice

Grind the rice, cinnamon sticks and *morro* seeds into a powder. Place the mix in a large bowl and add enough water to make a thick liquid or paste. Using a cheesecloth or other fine cloth held over a large container, strain the mixture, adding the water little by little. (Two people may be necessary for this process.) Add the sugar and mix well (taste for desired sweetness). Add a few large ice blocks to the container and serve the cold *horchata* in glasses with extra ice, if desired.

**Horchata** (Rendimiento 40-45 botellas)

Agua – 40-45 botellas  
Arroz – 3 libras  
Morro – 1 libra de semillas  
Canela – 2 pedazos grandes  
Azucar – 4 libras, o ménos, al gusto  
Hielo

Moler el arroz, las semillas de morro y la canela juntos. Ponga la mezcla en un huacal y eche un poco de agua hasta que queda una pasta o líquido grueso. En un mantel fino y limpio, sobre un recipiente grande, cuele la mezcla, echando el agua poco a poco (sería más fácil con 2 personas). Agregue el azucar y revuelva todo bien. Eche algunos cubos grandes de hielo en el recipiente y sirva la horchata fría en vasos con más hielo, si quiere.



*The fruit of the morro (or jícara) tree has many uses. The seeds are used for flavor in horchata beverages and also as a treatment against stomach amoebas. The thick outer shell can be cut and dried and used as a bowl or in other traditional crafts. The pulp of the fruit is also valued by some for medicinal purposes – as a laxative, an astringent and an expectorant.*



## **FRESCO or REFRESCO**

A *fresco* or *refresco* is a freshly-made drink made from any one of a variety of fruits or seeds, and usually mixed with water and sugar. Possibilities include orange, pineapple, watermelon, as well as more unusual flavors such as *maracuyá*, *carao*, and *tamarindo*. Some of these fruits are particularly high in certain vitamins and are consumed for their medicinal benefits. A fresco is also generally less expensive than a bottled soft drink and definitely a healthier alternative.

### **Fresco de Tamarindo** (Tamarind Drink)

Antonia del Carmen Monge  
Cantón Obrajuelo, Agua Caliente

Niña Mela has a tamarind tree near her house and uses the seeds to make a fresco. She sometimes mixes up a batch to serve with lunch or will keep softened seeds ready to make one glass at a time. Tamarind has mild laxative properties and is also said to be beneficial for the liver and kidneys.



*The outer shell of the tamarind seed is removed (rear) and the insides are softened in water (foreground).*

### **Tamarind Drink (Fresco de Tamarindo)**

Tamarind seedpods  
Sugar  
Water

For each glass you will need about 2 medium or large seedpods.

Crack open the tamarind seedpods and remove the seeds with their flesh. Place in a small amount of water to soften. Scrape the softened fleshy pulp into a glass or pitcher. (The hard seed inside is not used.) Add a few spoonfuls of sugar, mix and add water. Adjust sweetness as desired. Serve as is or over ice.

### **Fresco de Tamarindo**

Vainas de Tamarindo  
Azúcar  
Agua

Para cada vaso, necesita más o menos 2 vainas medianas o grandes.

Abra las vainas y saque las semillas con su pulpa. Póngalas en un poco de agua para desprender la pulpa de las semillas. Raspe la pulpa en un vaso o pitchél. (No se usa la semilla dura del centro.) Agregue algunas cucharadas de azúcar, revuelva la mezcla y agregue agua. Agregue más azúcar al gusto. Sirva tibio o con hielo.



*Niña Mina slowly toasts and blackens the dried corn kernels over the fire (right) and then grinds them to a coarse powder with other spices (above).*

### **"Pusungo" (Café de Maiz)**

Erminia Quintanilla  
Cantón Obrajuelo, Agua Caliente

Coffee is grown only in the higher altitudes in El Salvador yet it is a popular beverage throughout the country for both young and old alike. Coffee beans can be purchased green or roasted and are taken to the *molino* to be ground as is or sometimes with cinnamon. Pre-ground and instant coffee are also available. The typical method of preparation is to boil the coffee grains directly in water. Salvadorans drink their coffee sweet and sugar is often added directly to the pot. (Black coffee does not mean without sugar – you must specify *amargo* or bitter.)

When coffee is not available, or too expensive, a substitute coffee beverage, "*pusungo*" can be made with corn. *Café de maiz* is similar in color to coffee and rich with the flavor of added cinnamon and allspice. It is not as common as in days past yet it is still prepared in many rural households. Niña Mina prepares about 4 pounds of *pusungo* for her family each month. They typically drink 'real' coffee (*café del palo*) in the mornings and *pusungo* with the evening meal. An added health benefit of *pusungo* is the lack of caffeine.



### **Corn Coffee**

Corn/maize – (dry kernels) 1.5 pounds  
Cinnamon – 1-2 sticks  
Allspice – about 32 whole seeds  
Sugar (optional)

In a large cast-iron or other heavy skillet or grill, toast the corn over a low-medium heat source, stirring fairly constantly. The corn must be toasted slowly to prevent a scorched flavor. Continue toasting until the kernels are completely blackened -- the process may take almost an hour. The corn is ready when a few crushed kernels provide the coffee color desired. Allow to cool.

Lightly and briefly toast the cinnamon sticks to bring out the flavor. Grind the cinnamon, allspice and corn together.

To prepare, place a few heaping tablespoons of the grounds in a pot of water, using similar measures as you would for coffee. Bring to a boil, stir, and add sugar if desired. Cover and remove from the flame. When the grounds have settled after a minute or two, the hot beverage can be poured as is or through a strainer into cups. (Sugar can also be added to individual cups.) Drink hot.

### **Pusungu" (Café de Maíz)**

Maiz fino (crudo, amarillo) – 1.5 libras  
Canela – 1-2 pedazos (1 colón)  
Pimienta gorda – 32 semillas (1 colón)  
Azúcar (opcional)

En el comal, se tuesta el maíz lentamente y revolviendo frecuentemente, hasta que los granos queden completamente negros. Hay que hacerlo despacio para evitar el sabor a quemado. El proceso puede durar casi una hora. Moler un poquito para saber si tiene el color deseado. Deje enfriar el maíz un poco.

Haga una mezcla del maíz, pimienta gorda y canela (tostada brevemente para sacar el sabor). Traigala al molino o moler con piedra de molino.

Para preparar la bebida, ponga unas cucharadas en una olla, usando las mismas medidas que para café. Deje hervir, revuelva todo y agregue azúcar si desea. Tape la olla y quitela del fuego. Cuando los granos han bajado, después de uno o dos minutos, sirva la bebida, usando un colador si quiere. (Se puede agregar azúcar a cada taza, al gusto.) Tome caliente.



## **ATOL**

Atol is a thickened, usually corn-based beverage that is almost and often a meal in-and-of itself. If not specified otherwise, atol is made from corn, usually dried, yet during the harvest season it is also made from fresh corn or *elotes*. Atol can be sweet, salty, or fairly bland in flavor. It is a cooked beverage, thinned with water or sometimes milk, that is usually served warm. The base mixture can also be made from rice, *piñuela*, mangoes, or pineapple (and probably other ingredients as well). Atol may also be flavored with cinnamon, allspice, vanilla, sugar, salt, chilis, and/or *alguaste* (toasted ground *ayote* seeds). Atol is also available nowadays in a pre-packaged powder form in supermarkets – with a flavor completely different from the rich, fresh flavor of a traditional atol.

### **Atol Shuco or Chuco**

Maria Felix Portillo  
Cantón Obrajuelo, Agua Caliente



After soaking in water, the black corn is ground (above) and then strained through a fine cloth with water into a large bowl (right). (See cover for photo of atol shuco, ready to serve.)

Atol shuco or chuco is a unique version of the corn-based atol beverage, with beans and other spices added. “Chuco” is slang for “dirty” and presumably refers in part to the color of the beverage, which ranges from light to purplish-gray due to the black corn variety that is used. Atol shuco is a fairly substantive food/beverage and is typically served as a very early breakfast, especially in marketplaces. In the most traditional method, it would be served in a round *huacal* or bowl made from a dried gourd. The bowl is held with both hands and swirled to bring up the beans which have settled to the bottom. Atol shuco is a very traditional food which has become less common in recent times. It is still, however, a very special dish to many.

Niña Felix, in Cantón Obrajuelo, remembers when she was young and her mother would make atol shuco for the family. The children were told that it was bad to bathe after eating this special atol so they would have to bathe before eating. The next morning, all the children would be up well before dawn, furiously bathing so that they would still have an opportunity to enjoy atol shuco. Niña Felix now makes atol shuco for her family and continues the tradition.



### **Atol Shuco or Chuco (Corn & Bean Beverage)**

Black corn or maize (dried) – 2 lbs  
Beans (red) – about 1 lb  
*Alguaiste*: ayote or squash/pumpkin seeds – about 1-1 ½ cups (or pre-packaged powder)  
Water  
Salt, garlic, hot chilis (optional)

Prepare the beans – sort, clean and cook in a pot of water to cover for 1 ½ to 2 hours or until soft. A small amount of salt and/or garlic may be added near the end of the cooking process. Set the beans aside in their liquid and keep warm. (Some people prefer beans cooked at least one day prior and then reheated.)

Soak the corn in water for at least 3-4 hours or overnight. Strain the corn and grind to form a wet paste or masa. (If the masa is left until the next day, the atol will have a more sour flavor, as some prefer. Others prefer to use the masa the same day.)

Lightly toast the *ayote* or squash/pumpkin seeds until golden. Grind to a powder. – This is the spice known as *alguaiste*. Add a little water and force the powder through a strainer to form a thick liquid. (Some prefer to use the powder as is. If grinding by hand it is difficult to achieve a fine powder and thus best to use a little water.)

To prepare the atol base, strain the black corn masa through a fine cloth over a very large pot, adding water to thin and form a thick liquid. (Two people may be required for this process.) Place the pot over the flame and slowly bring to a soft boil. Add water if necessary for desired thickness and continue cooking slowly until the corn loses its 'raw' flavor.

To serve *atol shuco*, ladle the warm atol into a bowl or mug and add a few tablespoons of beans (with a little of the liquid, if desired). The beans will sink to the bottom. Swirl the *alguaiste* powder or liquid over the top. (Add a few hot chilis, if desired.) Enjoy while warm.

### **Atol Shuco o Chuco**

Maiz Negro – 2 libras  
Frijoles (corrientes, cuarenteños, o micas) – 1 libra, más o menos  
*Alguaiste*: semillas de ayote – 1 – 1 ½ tazas  
Agua  
Sal, ajo, chile picante (opcional)

Prepare los frijoles – cocinelos en agua suficiente por 1.5 o 2 horas hasta que se queden blandos. Se puede echar un poco de sal o ajo al final del proceso si quiere. Mantenga los frijoles calientes. (Algunas prefieren frijoles cocidos un día antes y recalentados.)

Remoje el maíz en agua por 3 o 4 horas o por toda la noche. Escorra el maíz y llévelo al molino o muelalolo bien con la piedra de molino. (Si deja la masa hasta el día siguiente, el sabor del atol será más agrio, como les gusta algunas personas. Otras prefieren usar la masa el mismo día.)

Ponga a tostar las semillas de ayote, hasta que se queden doradas. Hacerlas polvo con ayuda del molino. Se puede utilizar el *alguaiste* así o, si prefiere, póngalo en un colador y agregue un poco de agua para hacer un líquido grueso. (Si las semillas están molidas a mano, mejor echar agua porque así es difícil hacer un polvo bien fino.)

Para preparar el atol, cuele la masa en un mantel fino sobre una olla grande, echando agua para hacer un líquido grueso. (Será más fácil con 2 personas.) Ponga la olla en el fuego y deje hervir lentamente. Agregue agua si es necesario y siga cocinando hasta que el maíz no tenga el sabor crudo.

Para servir *atol shuco*, échelo en un huacal o plato y agregue unas cucharadas de frijoles (con su líquido si quiere). Los frijoles van a bajarse. Eche el *alguaiste* (polvo o líquido) encima. (Eche chiles picantes si quiere.) Disfrutelo caliente.



Niña Consuela displays the homemade vinegar which she sells for 1 colon (8.7 cents) per cup.

### **Vinagre Casero (Home Cider Vinegar)**

Gladis Consuela Díaz  
Agua Caliente

Niña Consuela has run a vegetable stand and small chalet in the central plaza in Agua Caliente for the past 35 years. She works alone nowadays but her 3 boys and 1 daughter, who now all live in the U.S., helped out in the chalet when they were growing up. Along with the seasonal fruits, vegetables and a few grocery items, Niña Consuela also makes and sells *vinagre casero*, a fruit-based cider vinegar that is a common ingredient for many Salvadoran foods. The flavorful vinegar is used in cabbage slaws (*curtido*), as a marinade and sauce for meats and chicken, and as a pickling agent for vegetables. (The vinegar is also a close cousin to *guaro*, a homemade moonshine.) Pineapple is the most commonly-used fruit yet small mashed apples and *nances*, a small, sweet yellow berry, can be added or substituted when available or as desired. Niña Consuela generally keeps two cánteros or large jugs of the vinegar in process for both her own use and for sale by the cup.

### **Vinagre Casero (Home Cider Vinegar)**

Water – 3 gallons  
Sweetener – about 4 lbs of dark brown sugar  
can be substituted for the cane sugar product  
Pineapple – 2 small, with rinds and crown

In a very large plastic or glass container, place the 3 gallons of water. Add the sugar. Cut the pineapples, including the outer rinds and the crown (of leaves) into small pieces and add all to the mixture. Cover and leave to ferment for about 3 days. After the first day, you will see the mixture is working (bubbling). Gradually, you can remove the fruit pieces that are completely “eaten” – with no fruit or pulp remaining. BUT, never use a warm hand to remove the mixture – rinse your hand first in clean, cold water. A warm hand can ruin the mixture. (Also, never use a metal utensil, which can also ruin the vinegar.)

The vinegar will last for 2 months or more in this way. You can also add more fruit and/or sugar as needed to extend the mixture.

### **Vinagre Casero**

Agua – 15 botellas o 3 galones  
2 atados (4 panelas) de dulce  
Piñas – 2 pequeñas, enteras

En un cántero de 20 botellas, o otro recipiente grande de plástico o vidrio, ponga el agua. Lave bien los atados de dulce y echelos en el cántero. Corte en trozos las 2 piñas, incluso las cáscaras y las coronas, y eche todo en el mismo recipiente. Tapelo y dejelo por 3 días. Después de un día, va ver que la mezcla está trabajando (fermentando). Poco a poco, se puede quitar los trozos que ya están completamente deshechos (que no tienen nada de la fruta o pulpa). PERO, nunca pone la mano caliente en el cántero – lávela en agua fría antes de meterla ahí. La mano caliente puede arruinar la mezcla. (Además, nunca meta un utensilio metálico, que puede arruinar el vinagre también.)

Se puede guardar el vinagre casero así por 2 meses o más y echar más fruta y azúcar, poco a poco cuando necesita, para extender el vinagre.

## **TORTILLAS**

Corn *tortillas* are a staple of the traditional Salvadoran diet and generally served with every meal. In the poorest families, when other foods are not available, a meal may consist of *tortillas* and salt. Salvadoran *tortillas* are thicker than the Mexican variety known by most North Americans. While some Salvadorans now use a ready-made *masa* flour for the time and convenience that it offers, the best *tortillas* always begin with real *maíz* or corn. One of the first secrets of a good *tortilla* is thus in the *masa* or dough that is used.

Making *tortillas* ("tortillar") is an art form and a skill that is learned and practiced by girls from a very young age. The sound of women patting out *tortillas* is a familiar sound that signals a meal is nearing. Watching an experienced *tortillera*, the process looks very simple – in reality it's quite difficult. An error or variation in any step of the process can turn a good *tortilla* to bad. And a good *tortilla* is an essential part of a good Salvadoran meal.

### **Tortillas**

Reina Isabel Tejada and Maria Eustaquia Pineda  
Agua Caliente

Niña Isabel and her mother-in-law Niña Tacha have been making and selling tortillas from their home in Agua Caliente for about 1 year. Each day, they go through about 22-24 pounds of *maíz* (dried corn kernels), making and selling tortillas for the lunch and dinner meals. They sell about 75 colones of tortillas per day – at 4 tortillas per colon, that means they are making 300 tortillas each day! The women agree that tortillas cooked on a *comal* (a round clay platter used over a wood fire) generally have a better flavor, but the method is somewhat slower and uses a great deal of firewood. They usually cook on a gas grill because it allows them more space for greater quantities and speed. They still cook tortillas on the *comal* at times and were forced to use it for their business during the gas shortage this year.

A typical day begins at about 7 am when the women begin cooking the first of 2 large pots of *maíz*. At 10 am the cooked corn is taken to the nearby *molino* to be ground to form the *masa*. At 11:00 they begin making tortillas, as clients arrive during the lunch hour. Lunch is the biggest meal of the day and business continues until about 1:30. The women then begin to cook the second batch of *maíz* for the dinner business, which runs from about 4:30 to 6:30 pm. One hallmark of a good tortilla business is the number of clients it draws – Niña Isabel and Niña Tacha have an abundance and often run out of tortillas before the day is over.



*Niña Tacha softens the masa further with a stone or "piedra de moler."*





*Niña Isabel forms the tortillas and cooks them on a hot gas-fired grill or "plancha."*

### **Tortillas – Masa**

12 – 12.5 pounds of maize (dried corn kernels)  
water – enough to cover  
cal or lime – about 1 very large serving spoonful

Place maize, water and lime in a large pot over a medium-high flame or fire and cook until softened and well-cooked, about ½ hour. Drain and take the corn to the *molino* to be ground into *masa*.

Heat the grill or *comal* and wipe with a very small amount of grease to prevent sticking.

Grind and soften the *masa* further with a *piedra de moler* (stone) and add a very little bit of water if the mixture appears too stiff. Form the tortillas by slightly wetting one hand and grabbing a small amount of the *masa* -- a ball that fits in the palm of your hand. For right-handed tortilla makers, the *masa* is held in the left hand and shaped with the right. Quickly turn and press or pat the mixture in a circular motion until a uniformly-shaped tortilla of about ¼ " thickness emerges. (Tortillas made by Niña Isabel and Niña Eustaquia are all identical – about ¼" thick and about 7 cm in diameter.)

Place the tortilla on the hot grill or *comal* and cook for a few minutes on each side until golden. Tortillas can be reheated and served toasted. The *masa*, however does not keep well and should be used within hours or the same day.

### **Tortillas – Masa**

12 – 12.5 libras de *maíz*  
agua  
cal – una cucharada grande o más

Ponga el maíz y la cal en una olla grande con agua suficiente para cubrir todo. Ponga al fuego y cocínelo por media hora más o menos o hasta que el maíz este blando. Escúrralo y lívelo al molino.

Caliente el comal o la plancha y eche un poquito de manteca para que las tortillas no se peguen.

Ponga la masa en una mesita y con una piedra de moler, muele la masa de nuevo. Con un huacal de agua cerca de la mesita, moje la mano un poquito y agarre una pelota de masa. Con la masa en la mano izquierda, se usa la mano derecha para apretar la tortilla y dar la vuelta, hasta que la tortilla tenga una forma circular, de 7cm diámetro y ¼ " de grueso, más o menos.

Ponga la tortilla en la plancha o comal caliente y cocine por algunos minutos a cada lado.

Se puede recalentar las tortillas más tarde y servir las como tortillas tostadas. Sin embargo, no se puede guardar la masa por más de algunas horas – hay que ocuparla por el mismo día.



## **FRIJOLES**

Beans are the traditional source of protein in the typical Salvadoran diet. Red beans are the most common, although black and white are also available at times and in certain areas. Salvadorans are quite proud of their beans. In the *campo*, the *frijol* is often considered the basis of survival, the primary source of protein to sustain the family.



Beans are generally always available in a Salvadoran home and are prepared in a variety of ways. New beans (*frijoles nuevos*) are those that have been recently picked and not fully dried – they are simply cooked as is and have a fresh flavor and soft texture. Beans are also said to have a better flavor when cooked in a clay pot over a wood fire. Typically, a fairly large quantity is cooked in advance and used for several days – in part to conserve time and energy costs and in part because many claim that the flavor of the beans improves with age. A freshly cooked pot of beans can be used to prepare a simple bean soup (*sopa de frijoles*) or *arroz negrito*, rice cooked in the bean liquid. Rice and beans cooked together are called *casamiento* (wedding or marriage). The beans themselves can also be reheated later and served as is, or mashed and fried or re-fried in a little grease. Onions, peppers and other ingredients can also be added. Also, if maintained properly and carefully, a pot of cooked beans can be stored without refrigeration for a few days and re-heated as needed.

## **Frijoles**

Pedrina Chacón Maldonado and Dominga Chacón  
Agua Caliente

Niña Pedrina and her daughter Dominga make and sell tortillas from their home. At times they also sell some of the beans which they usually have cooking over their wood fire. Tortillas, cooked on a *comal*, are sold at 4 for 1 colon; beans are 1 colon per cup. The family is originally from Cantón Cerro Grande and they moved into town about 4 years ago. Niña Pedrina and her daughter have been running their small business for about 1 year. They live alone with Dominga's 13-year old son. Niña Pedrina shared her basic recipe for frijoles, as well as a few variations which they enjoy at home from time to time.



*Niña Pedrina and her daughter Dominga make tortillas as the beans are cooking.*



### **Beans (frijoles)**

Red beans (dried) -- 1 pound  
Water  
Salt (coarse) – about 1 teaspoon

Pick over and rinse the beans well. Place beans in a large pot (metal or traditional clay), add salt and cover with water. Bring to a boil over fire, cover loosely and cook until the beans are softened – about 1 hour, more or less. Check the beans often and add water as needed.

The beans may be strained or served in the liquid as a soup or *sopa de frijoles*. Serve with warm tortillas and extra (coarse) salt.

### **Frijoles con Gloria**

As the beans are cooking, add chopped garlic, onion, and green chiles, as desired.

### **Frijoles Baburro**

Near the end of the cooking process, remove some of the hot bean liquid in a small fireproof saucer and place over the fire. Add chopped onion and fresh mint. Crack an egg into this mixture, cook quickly until desired doneness and serve over a bowl of hot beans in their liquid. Serve with warm tortillas and (coarse) salt.

### **Frijoles**

Frijoles – 1 libra  
Agua  
Sal – una cucharada (o menos)

Lave bien los frijoles y echelos en una olla grande (de barro mejor). Eche sal y bastante agua. Dejelos hervir, tape la olla (no completamente) y deje los frijoles cocinar por 1 hora, hasta que queden blandos. Revise frecuentemente y eche más agua si es necesario.

Se puede servir los frijoles así o en el líquido como una sopa de frijoles. Sirva con tortillas y más sal.

### **Frijoles con Gloria**

Cuando los frijoles están al fuego, eche ajo, cebolla, y/o chiles verdes picados, al gusto.

### **Frijoles Baburro**

Cuando los frijoles estén casi cocinados, saque un poquito del líquido en un plato pequeño, resistente al fuego, y pongalo a la plancha o comal. Eche hierba buena, cebolla picada, y un huevo y cocinelo rapidamente al gusto. Ponga esta mezcla encima de un plato de frijoles con un poco de su líquido. Se sirve con tortillas y sal.

### Sopa de Chumpe

Maria Marcos Nufio  
Calle Nueva, Agua Caliente

Niña Marcos (yes, she uses a male name) and her husband Don Genáro care for many of their 17 young grandchildren that live with them or nearby. They are a very active couple, participating in numerous agricultural and community activities. Niña Marcos is currently attending adult education classes to learn to read and write. Along with their corn and beans, they also raise a few chickens, ducks and turkeys. Turkey is especially popular around Christmas time – in *tamales*, sandwiches (*panes de pavo*) or soup. In El Salvador, a turkey or *pavo* is also called a *chumpe* or *chumpipe*. Niña Marcos' recipe for turkey soup begins early in the day with the slaughter of a turkey. And yes, there's more than one way to kill a bird. One popular method in the country involves feeding the bird some *masa* soaked in moonshine – when the bird is drunk, it is easier to grab and, because it is relaxed, the meat is reportedly more tender. On 'commercial' chicken and turkey farms, the head is usually cut off first and the blood is then allowed to drain from the animal before proceeding. Niña Marcos uses the more typical *campo* methods – the bird is hung by the feet and the throat is slit to allow the blood to drain, or, alternatively, the bird's neck is simply broken before removing the feathers and later the intestines. She also added that an older turkey usually gives a richer flavor to the soup.



*Niña Marcos poses with 5 of her granddaughters and 2 of the turkeys.*



*Niña Marcos serves the prepared turkey and vegetable soup.*

### **Sopa de Chumpe (Turkey soup)**

1 turkey  
green beans – 1 large bag, about 1/2 lb  
*güizquiles* – about 4 large green squash  
loroco – about 1 large bag or 1 lb (optional)  
chicken bouillon – 6 envelopes, 10 grams each  
Salt – about 1 tablespoon  
Chile peppers preserved in vinegar (optional)

Grab the turkey by the neck and feet.  
Break the neck bone and twist. Hang the bird by its feet and wait 10-15 minutes until it stops moving. (Or, hang the turkey by the feet and slit its throat to kill the bird and drain the blood.)  
Have a large pot of boiling water ready.  
Submerge the turkey in the water for 5-10 minutes until the feathers are softened. Drain and pluck out the feathers. Burn the remaining feather stubs by passing the bird over a fire.

Cut the belly of the bird and remove the intestines, reserving the liver and the *moyeja*. Cut the gall bladder from the liver. Cut the *moyeja* in half and remove the pebbles and remaining food particles. Also remove the white/yellow membrane. Wash the interior cavity of the bird well with water and unscented soap. Cut off the head and the feet of the bird. Then cut the remaining turkey into large pieces, leaving the meat and bones intact.

Place desired amount of turkey parts into a large pot of water (about 5 liters) and bring to a boil. Clean the vegetables and cut the peeled *güizquiles* (a firm green squash) into large chunks. Add the chicken bouillon, salt, *güizquiles*, green beans and *loroco* to the pot and continue cooking.

Serve the soup with warm tortillas and pickled chiles, if desired.

Remaining turkey pieces can be cooked or fried in lard or oil and served on the side with rice.

### **Sopa de Chumpe**

Un chumpe (pavo)  
Ejotes – media libra, más o menos  
*Güizquiles* – 4 grandes  
Loroco – una bolsa, 1 libra (opcional)  
Consomé de pollo – 6 sobres (10g c/u)  
Sal – 1 cucharada, más o menos  
Chiles encurtidos (opcional)

Agarre el chumpe por el buche (cuello) y las patas. Quebre el hueso del buche y se retuarce. Cuelga por las patas y espere 10 o 15 minutos hasta que no se mueva. (O, se puede colgarlo por las patas y corte el cuello para matarlo y botar la sangre.) Tiene lista agua hirviendo en una olla grande. Sumerga el chumpe en el agua durante 5-10 minutos hasta que ablanden las plumas. Escurrelo y proceda a desplumarlo, arrancandole las plumas. Quemien los troncos de las plumas en el fuego.

Corte el vientre y extraiga las tripas, guardando el hígado y la *moyeja*. Al hígado se la corta la vesícula con cuidado. Corte en mitad la *moyeja* y se quita los restos de piedras y comida. Se la quita la membrana blanca o amarilla. Lave bien la cavidad interior con agua y jabón sin olor. Corte la cabeza y las patas. Lo que queda del animal se parte en pedazos grandes, con la carne y huesos intactos.

Eche algunos pedazos de chumpe en una olla grande con bastante agua (5 litros, más o menos) y haga hervir. Cocine el chumpe hasta que se ablande, por 2-4 horas. Limpiar las verduras. Corte los *güizquiles* en pedazos grandes y echelos en la sopa. Agregue el consomé, ejotes y loroco y siga cocinando.

Se sirve la sopa con tortillas y chiles encurtidos, al gusto.

Cocine el chumpe que sobre en manteca o aceite y sirva a parte con arroz.



**Sopa de Patas** (Beef and Tripe soup)

Ana Yolanda Tejada  
Agua Caliente

Yolanda runs a very popular *comedor* (family-style restaurant) out of her home in Agua Caliente. Before opening the *comedor* 2 years ago, she made and sold bakery products, including *quesadilla*, bread, and various cookies and sweet breads. The years of smoke from the wood-burning stove was harming her eyes and she decided to change her business to a *comedor* (?!). Yolanda lives with her mother and father and 3 children, José (15), Joanna (13), and Bessy (6). While Yolanda does most of the cooking on her own, she often has another woman to help her over the busy lunch hour. Joanna helps with dishes and errands. The *comedor* is open for breakfast, lunch and dinner. As in most of El Salvador, lunch is the busiest meal and fried chicken is the preferred dish. Meals are eaten at the *comedor* or taken "to go." On a normal day, Yolanda will cook 4 chickens and sell about 10-15 plates of food. On Thursdays, market day in Agua Caliente, she cooks 8 chickens and 6 pounds of rice, along with other main dishes, and sells about 40 plates of food. Grilled meat (beef), fried fish and soups are also popular and sometimes available. Yolanda worked in a restaurant in San Salvador for several months and has learned a few additional recipes and cooking secrets. In Agua Caliente, her clients frequent her *comedor* for her good cooking and the quick, friendly service that Yolanda offers.



*"Sopa de Patas" or Beef and Tripe Soup with Vegetables*



*Yolanda prepares lunch at her comedor.*



### **Sopa de Patas (Beef and tripe soup)**

Beef – shank, 1 entire large shank  
Beef intestines or tripe – 2 lbs  
Yucca – 3 small, cut in large chunks  
Güizquiles (or substitute other squash) – 3,  
Cut in large chunks  
Carrots – 3 large, cut in fairly large pieces  
Onion – 1 medium, coarsely chopped  
Cabbage – ½ large, coarsely chopped  
Celery – 2 stalks, coarsely chopped  
Cilantro – small bunch, chopped, or to taste  
*Relájo* – 1 spice packet – dried oregano, bay leaf,  
peppercorns, & sesame seeds – soften in  
water and liquify in blender or processor.  
*Achiote* – 1 small packet of natural orange  
coloring made from seeds, ground to powder  
(optional, or substitute food coloring or mild  
red spice such as paprika)

Parboil the beef in a large pot of water for about  
25 minutes. Add the intestines or tripe and  
continue cooking for about 1 hour or until soft.  
Add the yucca, *güizquiles* (squash) and carrots.  
When the yucca begins to soften, add the *relájo*  
spices in their liquid. Add celery, cilantro, and  
*achiote* (spice powder) and continue cooking until  
ready to serve. Serve with warm tortillas.

### **Spinach Patties**

Spinach – 2 small-medium bunches, washed  
Cheese – *cuajada* or a fresh, soft white cheese  
Eggs – 1 medium  
Flour – about ½ cup  
Chicken bouillon – 20 grams  
Oil or lard – a small amount for frying

Parboil the spinach in water for 15 minutes or  
less until it is cooked. Drain well and chop the  
spinach. In a large mixing bowl, mix the spinach,  
cheese, egg, flour and bouillon powder. Mix well  
and if the mixture is watery, add more flour or  
other dry ingredients, as needed. Heat the oil or  
lard in a frying pan. Form patties with the  
spinach mixture, the size of small hamburgers,  
and fry them for a few minutes on each side.

### **Sopa de Patas**

Una pata de vaca (res)  
Tripas o mondongo – 2 libras  
Yuca – 3 pequeñas, en pedazos grandes  
Güizquiles – 3, en pedazos grandes  
Zanahorias – 3 grandes en pedazos grandes  
Cebolla – una mediana, cortada  
Repollo – ½ de un grande, cortado  
Apio – 2 ramas, cortado  
Cilantro – un puñado o al gusto  
*Relájo* – 1 paquete – se pase por la licuadora con  
agua para hacer un líquido o una pasta  
*Achiote* – 1 paquete pequeña

Sancochar la pata en una olla grande con agua  
bastante por aprox. 25 minutos. Agregue las  
tripas o el mondongo y siga cocinando por una  
hora o hasta que se ablande la carne. Eche la  
yuca, güizquiles y zanahorias. Cuando la yuca  
empieza a estar blanda, eche el líquido de *relájo*  
y después el apio, cilantro y *achiote*. Siga  
cocinando. Se sirve con tortillas.

### **Tortas de Espinaca**

Espinaca – 2 rollos, bien lavados  
Cuajada – ½ libra (o otro queso fresco)  
Huevos – 1  
Harina de trigo – ½ taza, más o menos  
Consomé de pollo – 2 sobres (10 gramos c/u)  
Aceite o manteca – un poco para freír

Sancochar la espinaca en agua por 15 minutos o  
menos, hasta que quede cocida. Se escurre bien  
y se pica la espinaca. En una caserola grande,  
eche la espinaca, la cuajada, 1 huevo, la harina y  
el consomé. Mezcle todo bien y si esta aguado,  
eche más harina o otros ingredientes secas.  
Caliente el aceite o manteca. Formar tortas, del  
tamaño de hamburguesas pequeñas, y freírlas por  
algunos minutos en cada lado.

### **Flores de Madrecacao con Huevos**

Teresa Guevara  
Agua Caliente

Teresa Guevara works in the Cooperativa and lives with her family in Agua Caliente. She and her mother, Bernanda Paz, often cook with the many indigenous flowers, plants and leaves found in the area. Many of these dishes are found only in the countryside and the traditions are being lost as more people move to the cities and 'convenience' foods become more common. The majority of the greens ("*monte*") are found during winter or rainy season, yet there are some flowering trees available in the early summer months.



Madrecacao, a fairly common hardwood tree in El Salvador, produces a beautiful display of pink flowers in January. In addition to the various agricultural and medicinal uses, the flowers are also edible. Typically, they are parboiled and then cooked or stir-fried with eggs and other vegetables and seasonings. The flowers have a distinctive slightly bitter flavor, somewhat akin to spinach or other greens.





### **Madrecacao Flowers with Eggs**

*Madrecacao* flowers – 2 or 3 fully-laden branches or about 3-4 cups cooked flowers  
 Tomatoes – 3, chopped  
 Onion – 1 small or medium, chopped  
 Eggs – 4  
 Margarine – 2 sticks  
 Chicken bouillon powder – 10 grams  
 Salt

Bring a large pot of water to boil. Add the flowers (pink & white flowers and darker buds; remove any leaves), and a little salt and boil for about 10 minutes. Drain the flowers and place in a cheesecloth or towel. Squeeze out excess water and leave to rest in the cloth for several hours. (The mixture will be gray-ish in color.)

In a large pot or saucepan, melt 1 stick of margarine and begin to fry the onion and tomatoes. Add the flowers and remaining margarine and continue cooking, stirring constantly. Add the chicken bouillon and a bit of salt. Crack the eggs into the mixture and cook until the eggs are thoroughly cooked.

Serve the *madrecacao* flowers and eggs with warm tortillas.

### **Flores de Madrecacao con Huevos**

Flores de madrecacao – 2 ramas, de 1 métro o menos cada una, para 3 o 4 tazas de flores cocidas  
 Tomates – 3 picados  
 Cebolla – 1, pequeña o mediana, picada  
 Huevos – 4  
 Margarina – 2 barras  
 Consomé de pollo – 1 sobre de 10 gramos  
 Sal

Deje hervir una olla grande con agua. Eche las flores (flores y brotes, sin hojas) y un poco de sal y salcochelas por 10 minutos, más o menos. Escurra la mezcla y metala en un mantel. Aprietele para sacar el aqua que queda y dejelo así por algunas horas. (La mezcla será de color gris.)

En una olla o caserola grande, empiece a freír la cebolla y los tomates con una barra de margarina. Eche las flores y la otra barra de margarina y siga cocinando, revolviendo la mezcla constantemente. Eche el consomé y un poco de sal. Eche los huevos y siga cocinando y revolviendo la mezcla hasta que los huevos estén bien cocidos.

Sirve las flores de madrecacao con huevos con tortillas calientes.

## **Riguas**

Beatriz Aguilar Paz  
Cantón Ojos de Agua, Agua Caliente



### **Riguas (Fresh corn patties)**

(28 ears of corn will yield about 28 riguas)

28 ears of corn  
Salt  
Banana leaves

Husk corn and scrape the kernels, along with the juice and other flesh, into a large bowl. Take this mixture to the *molino* to be coarsely ground (or grind in food processor). Add about 1 tablespoon of salt and mix.

Prepare the banana leaves – cut from stem and into rectangles of about 12" x 12".

Prepare fire – get the *comal* or stovetop grill hot. Put a few big spoonfuls of the mixture onto one half of a leaf and fold over. Cook for a few minutes on one side until the leaf is brown and crispy; flip the leaf packet over and cook for a few minutes on the second side.

Remove the banana leaf and serve the *riguas* warm – plain or with fresh cream or cheese.

Niña Beatriz, whose family lives in Cantón Ojos de Agua, worked as a cook and housekeeper in Agua Caliente for the family of Santana and Melita Maldonado and their 3 boys. Her sister and other family members also make and sell *pasteles* in the park on Thursdays and Sundays. When the first corn is harvested, there are a variety of traditional specialty dishes that are widely-popular and anticipated throughout El Salvador. The Maldonado boys, Melvin, Douglas, and Quique, are especially fond of the *riguas* which Niña Beatriz prepares with some of the early corn harvest.

### **Riguas**

(28 elotes para 28 riguas, más o menos)

28 elotes  
sal  
hojas de guineo o huerto

Destuza los elotes y ráspelos, guardando todo, en un huacal grande. Llévelo al molino. Eche una cucharada de sal (o menos) y mezcle bien.

Prepare las hojas de – corte pedazos de 12" x 12", más o menos.

Caliente el comal o la plancha. Ponga unas cucharadas de la mezcla a un lado de la hoja y doblela. Cocine la rigua envuelta por algunos minutos. Cuando se ve la hoja dorada, de la vuelta y cocine el otro lado por algunos minutos más.

Quite la hoja y sirva la rigua así o con crema o queso.





*The banana leaves are filled with the rigua mixture over the comal.*



*The riguas are removed when the banana leaves have browned and the corn pattie inside is cooked through.*



## PUPUSAS

Pupusas are perhaps the national dish of El Salvador -- as “Salvadoran” as hot dogs and apple pie are “American.” Pupusas also make an inexpensive, filling meal in themselves. A pupusa is essentially a thick tortilla filled with cheese, beans, pork or a similar mixture, then grilled/fried and served with a cabbage slaw and salsa. The most typical pupusa is made with a corn-based *masa*, yet there is also the rice pupusa, made famous by the town of Olocuitla. Corn pupusas still account for perhaps 90-95% of all the (thousands?) of pupusas consumed in El Salvador each day. While pupusas can be eaten any time of day, they are generally considered a snack food, or eaten as a breakfast or evening meal. In smaller and/or poorer towns, pupusas may only be available on Sundays or for special events. Different regions of the country or specific towns may also have their own pupusa variations or traditions. In the east, for example, pupusas are generally served with 2 pre-packaged sauces – red and brown. In Agua Caliente, and many other places, the salsa is generally a fresh, non-spicy, thin tomato salsa.

Fillings can also vary. A few specialty places even advertise chicken, shrimp, and vegetable pupusas. By far, however, the most common fillings are cheese, beans, chicharrón (pork meats), and *revuelta* – a combination of 2 or more of the above. In Agua Caliente the options are generally cheese or *revuelta*, which in this case means beans and chicharrón. Pupusas are also quite popular in town and available 7 days a week at several different pupuserías.

Although somewhat messy, pupusas are eaten with the fingers – small pieces are torn from the pupusa and used to scoop up a bit of *curtido* (cabbage slaw) and salsa.



*Maria Natividad Tejada and her daughter Reina Maria have run a pupusería in the central plaza across from the post office for about 12 years. Her stand is normally open in the morning and through the lunch hour and the busiest days are Thursdays (market day) and Sundays. Niña Maria cooks her pupusas on a metal comal over a wood fire in a metal barrel. She also makes horchata on Thursdays and Sundays and a different fresco during the week.*



*Niña Noy (Maria Leonor Pineda) grills pupusas in anticipation of the Sunday after-church crowds.*



*Maria Uvalda Gutierrez (above) has run a pupusa stand on Thursdays and Sundays in the central plaza, in front of the Alcaldía, for the past 8 years or so. She lives on "the other side" of the bridge, in Barrio Carmen, where she used to have a pasteles stand. Horchata or a fresco beverage is also served to accompany the pupusas.*

*Rosa Lilia Landaverde (left and upper left) has run a pupusería in the central plaza across from the ANTEL phone office for about 6 years. Her stand is open for business Sunday through Friday, mornings through the lunch hour. Thursday and Sunday are the busiest and her daughters Lila and Blanca Iris, along with other girls as needed, arrive to help. Niña Rosa cooks her pupusas on a metal comal over a wood fire in a metal barrel.*

## Pupusas

Maria Leonor Pineda  
Agua Caliente

Niña Noy has run the popular Pupuseria and Chalet Zenia in the central park in Agua Caliente for 6 years. For 2 years prior, she made and sold *pupusas*, as well as sweet bread and other specialties, on the other side of town where she and her family live. Niña Noy estimates that she makes about 100 *pupusas* per day, although business varies greatly from day to day and season to season. Sunday and Thursday, market day in Agua Caliente, are the busiest days. The majority of her business is in the evenings or at lunch time, when she often also has chicken or other meals available.

Niña Noy normally makes cheese *pupusas* and *revueltas*, a mixture of beans and *chicharrón* (pork meat and rinds). Bread, beans, tomatoes and other ingredients are added to the filling both for flavor and to extend the mixture further. *Revueltas* are Niña Noy's most popular *pupusas*. When its in season, *loroco*, a green plant and flower bud, is also added to the cheese *pupusas*.

Unfortunately, shortly after these photos were taken, Niña Noy decided to leave her chalet and work closer to home. Others are now making pupusas in the same location but her presence is missed by many.



*The chicharrón mixture is prepared in large quantities and fried over a hot, gas-fired grill.*



*Niña Noy mixes the chicharrón filling in a large huacal before taking it to the molino to be ground.*



### **Pupusas de Niña Noy**

- Masa (recipe follows – about 4-6 pupusas per cup of masa)
- Filling of beans & *chicharrón* &/or Cheese filling (recipes follow)
- Cabbage slaw (recipe follows)
- Salsa (recipe follows)

### **Revuleta filling of beans and chicharrón or pork (yield about 200 pupusas):**

*Chicharrón* – 5 lbs (cooked pork meat with skin and fat, available at most Hispanic groceries)  
Red beans -- 3+ lbs, cooked  
Tomatoes – 30, coarsely chopped  
Onions – 3 small to medium, chopped coarsely  
Green peppers – 4-5, chopped  
Bread – equiv. to 50 small hot dog buns, torn in pieces  
Lard – 3 pounds  
Chicken bouillon – 10 packets of 10 grams each  
Salt

Mix the first 6 ingredients in a large bowl and grind through a food processor. Heat the stovetop grill and add a pound of lard. Add the ground mixture and begin to fry, moving constantly with a spatula to prevent sticking. Add the chicken bouillon and a tablespoon or so of salt, to taste. Little by little, add the 2 remaining pounds of lard and continue frying the mixture until it is well cooked. Set aside to cool.

### **Cheese Filling:**

Fresh soft cheese (white)  
Melting cheese (such as Mozzarella), grated  
*Loroco* (optional) – unique flavor but chopped green onions could be substituted

Make a mixture of the 2 cheeses. Add *loroco* or substitute, if desired.

### **Cabbage Slaw:**

Cabbage (shredded)

### **Pupusas de Niña Noy**

- Masa (preparada con harina o maíz cocido) – aprox. 4-6 pupusas por cada taza de masa
- Relleno de Revueltas y/o Relleno de Queso (ver recetas a continuación)
- Curtido (ver receta a continuación)
- Salsa (ver receta a continuación)

### **Relleno de Revueltas – Frijoles y Chicharrón (para 200 pupusas, más o menos):**

*Chicharrón* – 5 libras  
Frijoles (rojos, cocidos) – 3+ libras  
Tomates (cortados en cuartos) – 30  
Cebollas – 3 medianas o pequeñas, cortados  
Chiles verdes – 4-5, cortados  
Pan francés (en pedazos) – 5 bolsas de 10  
Manteca – 3 libras  
Consomé de pollo – 10 sobres (10 gramos c/u)  
Sal

Ponga los primeros 6 ingredientes en un huacal grande y lleve al molino. Caliente la plancha y eche una libra de manteca. Ponga todo la mezcla de *chicharrón* en la plancha, moviendo constantemente con una espátula para que no se pegue. Agregue los paquetes de consomé y una cucharada de sal (o al gusto) a la mezcla. Poco a poco, eche las 2 libras más de manteca y siga friendo la mezcla hasta que quede bien frita. Deje la mezcla enfriar.

### **Relleno de Queso:**

Queso corriente  
Queso especial  
*Loroco* (opcional) – (Presione el *loroco* un poco con una cucharada de madera)

Haga una mezcla de la mitad de queso corriente y la mitad de queso especial en un huacal. Si hay *loroco*, échelo también y refrigere la mezcla.

### **Curtido:**

Repollo (rallado)

Carrots (grated)  
Oregano (dried, crumbled)  
Onion (chopped)  
White vinegar – 2 tablespoons  
*Achiote* or powdered yellow coloring – a few tablespoons or as desired (opt.)

In a glass or plastic container with a lid, add cabbage, carrots, onion and oregano. Bring the vinegar, *achiote* (if desired) and about 4 cups of water to a boil. Allow the liquid to cool and pour over the cabbage mixture. Allow the mixture to sit for a few hours to absorb the flavors.

### **Salsa**

Tomatoes  
Onions

Place whole tomatoes in a large saucepan with water and bring to a boil. Drain and allow to cool. Place the tomatoes with some chopped onions in a blender and mix to desired consistency.

### **Forming the Pupusas:**

Pupusas are made with the same *masa* as used for *tortillas*, however, because the hands are dampened with water, the mixture becomes a bit softer. Place a bowl of *masa*, a bowl of water and a bowl of cold filling mixture next to the stovetop grill. Heat the grill and add lard to grease. Grab a handful of *masa* (about 2-3 large tablespoons or so) and with dampened hands, knead the mixture into a ball. With the *masa* ball in the left hand, make a large, depression with your fingers. Place about 1 large tablespoon of filling in the well and press slightly. Bring up the edges of the *masa* to cover the filling completely. You should now have an enclosed ball with a small 'topknot' – remove this piece of *masa*, returning it to the bowl for future use. Pat down the ball gently to form a thick, filled tortilla. Place the *pupusa* on the hot grill and cook for a few minutes on each side, until the *masa* is cooked through. Add grease to the grill as needed. Serve pupusas hot with cabbage slaw and salsa.

Zanahoria (rallada)  
Orégano (seco)  
Cebolla (picada)  
Vinagre de castilla – 2 cucharadas  
Achiote en polvo o color amarillo (algunas cucharaditas o al gusto)

En un recipiente de vidrio con tapadera, ponga el repollo, zanahoria, cebolla, y orégano. Deje que hierva 4 tazas de agua (más o menos), el vinagre y achiote. Enfrie el líquido y mezcle con las verduras en el recipiente. Déjelo reposar por un tiempo para que tome sabor (unas horas o más).

### **Salsa:**

Tomates  
Cebollas

Ponga los tomates enteros en una olla grande con agua y deje que hierva. Escorra, enfrie y ponga los tomates en un licuadora con cebolla (picada o cortada). Licúe hasta que esté líquido o al gusto.

### **Formando las pupusas:**

Se usa la misma masa que se usa para tortillas pero con las manos mojados para que queden un poco más blandas. Guarde un huacal de masa, un huacal de agua, y un huacal de chicharrón y/o otro relleno bien frío cerca de la plancha. Caliente la plancha y eche manteca. Agarre una pelota de masa (2-3 cucharadas más o menos), moje las manos un poquito y amasela. Con la pelota de masa en la mano izquierda, se hace un hueco con sus dedos. En esa depresión se coloca el relleno (una cucharada, más o menos). Recoja de las orillas de la masa a formar como un matate (una pelota rellena con una pelota pequeña de masa encima) – quite esta sobrante de masa. Se palmea con mucho cuidado para que no salga la pasta. Queda como una tortilla gruesa. Ponga la pupusa en la plancha y eche más manteca cuando lo necesito. Cocine la pupusa por varios minutos a cada lado. Sirva las pupusas caliente con curtido y salsa.



## **TAMALES**

Although they may not have originated in El Salvador, tamales are a traditional and popular food item throughout the country. Most tamales are made from a corn *masa*, wrapped and steamed in banana leaves. Fillings vary and may include chicken, pork, potatoes and other vegetables and seasonings. (A word of warning to Gringos – chicken and meat tamales in the campo generally include all of the animal – watch out for large and small bones and other surprises.) *Tamales de chipilín* are a Salvadoran specialty, using a filling made with the flavorful green found in the countryside. *Tamales písques* are made from a *masa* in which ashes rather than lime are used to cook the corn. A bean filling is often included in these tamales, which are a traditional specialty during Holy Week.

*Tamales de elote* are seasonal and made with fresh (not dried) corn. The fairly small tamales are wrapped and then steamed in the corn husks. (Typically there is no filling.) They are served as is or can also be removed from the corn husks and fried. Cream is often served on the side.

Tamales are time-consuming to prepare and are not available for sale on a consistent or regular basis in Agua Caliente. Also, banana leaves can be scarce and/or expensive. A few women prepare tamales occasionally and sell them by word of mouth. Tamales are also often prepared in homes for special occasions. In any case, they always disappear quickly!



*Yoanda loads the tamales into a large metal pot (above) and then covers them with water and more banana leaves to steam for at least an hour (right)..*

### **Tamales de gallina**

Yoanda Tejada  
Agua Caliente, Chalatenango

When Yoanda decides to make tamales, it is always in large quantities and generally with a filling of chicken, the favored ingredient in Agua Caliente. After procuring the banana leaves and other ingredients, she still needs a full day, along with the help of others, to complete the process. Word spreads mysteriously and quickly. A recent batch of 250+ tamales vanished in less than 2 hours!





*The masa and filling ingredients are arranged on the banana leaves.*



*The banana leaf, with tamale mixture inside, is then folded to form a "pillow."*

### **Tamales with Chicken**

Masa – equiv. of 22 lbs. of corn/maize  
 Lard/shortening – 2 lbs.  
 Relájo – 2 spice packets (see notes)  
 Onions – 2 large  
 Tomatoes – 4  
 Chicken bouillon – 12 10-gram packets  
 Potatoes – 6 lbs., peeled and chopped or diced.  
 Chicken – 1 parboiled chicken, cut in small pieces  
 Banana leaves -- squares of about 12" x 12"  
 (tin foil may be substituted but results will vary)

Boil a whole chicken in water, cool and then chop and tear into small bite-size pieces. Set aside.

Prepare the *masa* with 22 lbs of dried corn/maize, cooked in water and lime, as usual, and then grind. (A packaged *masa* can also be used, although the flavor is distinct.) Reserve about 1/8 or 3 lbs of this masa. To the remaining 7/8 or 19 lbs, add 8 packets of chicken bouillon dissolved in water and a little more water (and/or melted lard) to make a very soft masa.

### **Tamales de Gallina**

Masa – hecha con un medio o 22 libras de maíz  
 Manteca – 2 libras  
 Relájo – 2 sobres  
 Cebolla – 2 grandes  
 Tomates – 4 medianas o grandes  
 Consomé de pollo – 12 sobres de 10 gramos c/u  
 Papas – 6 libras, peladas y cortadas  
 Pollo – 1 pollo sancochado, cortado en pedazos pequeños  
 Hojas de huerto or guineo

Sancochar el pollo, enfrielo y cortelo en pedazos pequeños.

Preparar la masa con 22 libras de maíz en agua y cal, como siempre y llevela al molino. (Se puede utilizar masa preparada con harina pero no queda igual.) Reserve aprox. 1/8 o 3 libras de esa masa. Con el 7/8 o 19 libras que quedan, agregue 8 sobres de consomé disuelta en agua, y un poco más de agua (o manteca desecha) para hacer una masa blandita.

Prepare the *recaudo* or filling with the reserved 3 lbs of prepared masa. Briefly toast the contents of the 2 *relájo* spice packets and then blend in a blender with a little water and the remaining 4 chicken bouillon packets, chopped onion and chopped tomatoes. In a large pot over a low flame, cook the 2 lbs of lard with the blended spice mixture, the reserved masa, a little salt and a little water if necessary. Mix well, remove from fire, add the potato pieces and set aside to cool.

Remove the stems from the banana leaves and cut the leaves into squares or rectangles. Roll stacks of 10-20 cut leaves and place in large pot of boiling water for a few minutes to soften. Remove and set on work surface. (It is easier to work with the leaves while they are still somewhat damp; young leaves are generally more flexible than older, drier ones.)

To assemble the tamales, arrange a stack of leaves, a bowl of masa, a bowl of *recaudo*, and a bowl of the chicken pieces on a large work surface. On the leaf, place about ½ cup or more of the masa, several spoonfuls of the *recaudo*, and a piece or two of chicken. Fold the leaf to surround the mixture and form a “pillow.” Continue forming tamales with all of the mixtures.

In a very large cooking pot, arrange a layer of banana stems and leaves on the bottom. Carefully layer the prepared tamales in the pot. Add several inches of water and cover with more banana leaves. Cook (steam) for 1 hour or more until the tamales are cooked through.

Prepare el *recaudo* con las 3 libras de masa preparada. Brevemente tostar los 2 sobres de *relajo* y mezclelo bien en una licuadora con un poco de agua, los 4 sobres de consomé, cebolla picada y tomates picados. En una olla grande en el fuego, cocine las 3 libras de manteca con la mezcla de especias, la masa reservada, un poco de sal y un poco de agua si es necesario. Mezcle todo bien, quítelo del fuego, agregue las papas y deje enfriar todo.

Quite las venas de las hojas y córtelas en pedazos más o menos cuadradas. Enrolle algunas 10 o 20 hojas y póngalas en una olla grande de agua hervida por algunos minutos para ablandarlas. Quite las hojas y póngalas en la mesa. (Es más fácil trabajar con las hojas cuando están algo mojadas o húmedas; las hojas tiernas son más flexibles que las viejas y secas.)

En la mesa, ponga las hojas preparadas, una olla de masa, una olla de *recaudo* y una olla con el pollo. En cada hoja, ponga media taza o más de la masa, algunas cucharadas de *recaudo* y un pedazo de pollo. Envuelva todo con la hoja como almohada. Siga hasta que termine todo.

En una olla grande, ponga unas venas y hojas de huerto al fondo. Coloque los tamales en capas en la olla. Agregue algunas pulgadas de agua y tapela con más hojas. Cocinar a fuego mediano por una hora o más hasta que los tamales estén completamente cocidos.



## PASTELES

*Pasteles* are essentially small spicy tortillas, filled with seasoned potatoes or other vegetables or shredded meat, and then folded in-half and deep-fried. The little snacks are often served with a wet or dry *curtido* of shredded cabbage, coarse salt, and an optional dash of chili sauce. *Pasteles* are a fairly common Salvadoran street food, fried over a wood fire in a metal drum in front of homes or in parks or other public areas on fiesta days. In Agua Caliente, *pasteles* are quite popular. On Thursdays and Sundays there are usually at least 2 *pasteles* stands up and running near the central park with a steady stream of customers during peak hours. Most of the *cantónes* also have a day or two each week when *pasteles* are available. During vacation months, fiestas, sports events and other holidays, other *pasteles* stands appear in and around town. *Pasteles* are a “finger food,” most commonly purchased “to go” and carried off in a small clear plastic bag. When eaten at the stand, *pasteles* are typically served on a small plate or a piece of Kraft paper.



Rosa Candida Aguilar, from Cantón Ojos de Agua, has run a *pasteles* stand on Thursdays and Sundays in the central plaza for the past 5 years or so. Initially, she ran the stand with her sister Beatriz, who has since left for work in Santa Tecla. Maria Sonia Pineda has been working at the stand for the past year or so. The women also make an *horchata*, to which they usually add a little vanilla extract and allspice as well.



Maria Josefina Escobar has run a popular *pasteles* stand next to the church for many years. The stand is open only on Thursdays and Sundays, from the morning through early afternoon, and business is brisk. Niña Finá's daughter, Flor Armanda de Escobar, and other women (Maria Eugenia Martinez) are usually available to help. Many clients sit at the wooden benches to eat a plate of 6-8 *pasteles* with cabbage slaw and chili sauce for 2 colones. *Pasteles* are also sold “to go” in small plastic bags. A fresco beverage is always available as well.



## Pasteles

Blanca Marlene Portillo Murcia  
Cantón Obrajuelo, Agua Caliente



Marlene was born and raised in Obrajuelo and lives with her mother, father, 13-year old daughter and 3-year old son. She dedicates a good deal of her time to work with Plan International, the local clinic, FUNDESYRAM, and other community organizations. Marlene began making *pupusas* with her mother Amalia 21 years ago and started her own *pasteles* business 13 years ago. She also opened a *sorbeteria* (ice cream stand) in Obrajuelo about 7 years ago. *Pupusas* are sold on Saturdays and Sundays; *pasteles* on Tuesdays and Thursdays. A small adobe structure near the *sorbeteria* houses the cooking equipment. The *pupusas* are made on a gas-fired stovetop, *pasteles* are cooked over a wood fire in a large metal drum.

Marlene usually fills her *pasteles* with a potato mixture, although other fillings are also possible and common. On Tuesday and Thursday mornings, Marlene begins making the *curtido*, *masa*, and filling mixture in her nearby home. Actual cooking and selling begins about 4pm and she normally sells out by about 6:30 or 7 pm. She makes about 210 *pasteles* in a typical day and sells them for 3 for 1 colón. Most of her clients buy the *pasteles* "to go." Needless to say, her *pasteles* are well-known and loved in Obrajuelo.

*Niña Marlene fills and forms the pasteles (above) before they are deep-fried (left). After a few minutes, they are removed from the hot grease, crispy and ready to eat.*

**Pasteles de Papa** (yield about 210 *pasteles*)

- *Masa* (recipe follows)
- Potato filling (recipe follows)
- Cabbage slaw or *curtido* (recipe follows)
- Lard for frying

**Cabbage slaw or curtido:**

Cabbage – 2 medium  
Oregano – 1 tbs dried and crumbled  
Chili peppers – about 6 small red peppers, chopped fine (or to taste)  
Vinegar (*vinagre casero*) – about ½ liter or to cover the slaw (a mild apple cider vinegar might substitute.)

Wash the cabbage and grate. In a large, non-metallic bowl or other container, mix the cabbage, oregano, salt and chopped chili peppers. Add vinegar to almost cover the mixture. Cover the container and let rest for about 4-6 hours to absorb the flavors.

**Potato Filling**

Potatoes – 4 pounds  
*Achiote* – about 1 teaspoon  
Chicken bouillon – 2 packets of 10 grams each  
Onion – ¼ to ½ small onion, chopped fine  
Garlic – 1 clove, chopped fine  
Salt and pepper  
Oil or lard to fry (about 3 tablespoons)

Wash the potatoes and boil in water until they are slightly softened. Rinse and peel the potatoes and place in a large bowl with the remaining ingredients. Chop or mash with a fork. The mixture should remain somewhat chunky.

Heat the oil or lard in a frying pan and add the potato mixture. Cook for several minutes until the all the flavors are well mixed. Set aside to cool.

**Masa**

Corn/maize – 5 pounds

**Pasteles de Papa** (210 *pasteles*, más o menos)

- *Masa* (receta sigue)
- *Relleno de papas* (receta sigue)
- *Curtido* (receta sigue)
- *Manteca para freír*

**Curtido:**

Repollo – 2 medianos  
Orégano – una cucharada  
Chiles picantes – 6 pequeños, picados, o al gusto  
Vinagre casero – ½ litro o para cubrir el curtido.

Lave el repollo y raspelo. En una olla o recipiente grande (no metálico), ponga el repollo, orégano, sal y chiles picantes. Agregue vinagre hasta casi cubrir la mezcla. Tape el recipiente y dejelo por unas 4-6 horas para absorber el sabor.

**Relleno de Papas**

Papas – 4 libras  
*Achiote* – una cucharita  
Consomé de pollo – 2 sobres de 10 gramos c/u  
Cebolla – ¼ - ½ pequeña, bien picada  
Ajo – un diente, picado  
Sal y pimienta  
Manteca – unas 3 cucharadas para freír

Lave las papas y póngalas en agua hervida hasta que ablanden un poco. Escúrralas y quite la piel. Ponga las papas y los otros ingredientes en una olla y machaque todo bien con un tenedor. La mezcla no debe ser muy fina, pero con algunos pedazos gruesos.

Ponga la manteca en una olla al fuego, agregue la mezcla de papas, y freír por algunos minutos. Déjela enfriar.

**Masa**

Maíz – 5 libras  
Cal – 4 onzas  
*Achiote* – 2 cucharadas o al gusto

*Cal* (lime) – 4 ounces or about 6 tbs.  
*Achiote* – 2 tbs (red spice powder used more for coloring than flavor, substitute as desired)  
Salt (about 1 tbs or less, to taste)  
Chicken bouillon -- 2 packets, 10 grams each  
Lard – about ¼ pound, melted (or 6 tbs oil)  
Water

In a large cooking pot, dissolve 4 ounces of lime in water; add 5 pounds of maize and enough water to cover. Cook over hot fire for about 20 minutes. Marlene prepares the *masa* for *pasteles* somewhat differently than that for *tortillas* -- more lime is added, the fire is hotter, and the cooking time is somewhat shorter. This produces a somewhat firmer *masa*. Drain the corn, wash and take to the *molino* to be ground.

In a large bowl, place the *masa*, *achiote*, powdered bouillon, and a little salt. Mix well and add a little water if necessary. Make a well in the center of the mixture and add the cooled, melted lard. Mix well and continue kneading the *masa* until pliable and the color and texture is uniform.

To form the *pasteles*, take a large tablespoon of the mixture in your hands and pat out a small, thin *tortilla* or circle about 3" in diameter. (You can also press the mixture between sheets of waxed paper.) Place a teaspoon or so of the filling mixture in the center of the small *tortilla* and fold in half, pressing the edges closed to seal.

Melt about ½ to 1 pound of the lard in a large open metal tin or frying pan over medium-high heat. When the grease is hot, slowly add the *pasteles*, without overcrowding the pan. Fry for a few minutes on each side until browned and remove with a large slotted spoon. Continue frying the *pasteles* and add more lard as needed.

Serve the *pasteles* warm or cold with *curtido* on the side. (A tomato or chili sauce can also be served with the *curtido* if desired.)

Sal – una cucharada o menos, al gusto  
Consomé de pollo – 2 sobres, 10 gramos c/u  
Manteca – ¼ libra deshecha (o 6 cucharadas de aceite)  
Agua

En una olla grande, disuelva 4 onza de cal, agregue 5 libras de maíz y agua para cubrir. Cocine a fuego alto por unos 20 minutos.. (Marlene prepara la masa de pasteles, en comparación de masa de tortillas, con más cal y a fuego más alto y por menos tiempo. Así la masa queda un poco más dura.

Escorra el maíz, lávelo y llévelo al molino.

En una olla grande, ponga la masa, achiote, consomé y un poco de sal. Amáselo bien y agregue un poco de agua si es necesario. Haga un pozo en la mezcla y agregue la manteca deshecha. Siga amasando hasta que la masa quede flexible con un color uniforme.

Para formar los pasteles, agarre una cucharada grande y haga una tortillita delgadita de 3" en diámetro, más o menos. (Se puede presionar la masa entre papel de plástico también.) Ponga una cucharita de relleno en medio de la tortillita y doblela, presionando las orillas para cerrarlas.

Ponga ½ - 1 libra de manteca en una olla grande de metal al fuego. Cuando la manteca esté caliente, eche los pasteles despacio. Fría los pasteles por algunos minutos a cada lado y quitelos con una espátula metálica cuando estén dorados. Siga friendo los pasteles y agregue más manteca cuando es necesario.

Sirva los pasteles calientes o fríos, con *curtido* y salsa si quiere.

## Yucca

Leonor Belarmina Tejada  
Agua Caliente



*Niña Noy grates cabbage to serve with the steaming hot yucca.*

Noy is an expert at preparing the tuberous vegetable, parboiled or fried. Each week, she goes through about 2 *bultos* or huge net-like sacks of about 300 yucca roots each. She usually cooks 2 huge pots of the vegetable each day and rarely has anything left at the end of the day. Yucca is popular as a snack or main dish, yet because it can be time-consuming to prepare, many find it easier to purchase the expertly-prepared yucca of Niña Noy.



*The fried yucca is removed when golden brown.*



*Pre-cooked yucca is deep fried in hot oil.*

Niña Noy is a friendly, familiar and well-known face in Agua Caliente. For the past 20 years (!), she has run a food stand of prepared fruits and vegetables along the main road into town and near the bridge over the Río Metayate. Ten years ago, she moved her home and business a few hundred meters up the road when the land was needed for the high school. Niña Noy has 3 daughters and 4 sons, all of whom are adults, and she now lives alone. When her daughters were around to help, Niña Noy also made pasteles and tamales. Every Saturday, she takes the bus to *La Tiendona*, the large wholesale market in San Salvador, to make her purchases, which are loaded on top of the bus back to Agua Caliente. Some foods, such as *jocotes*, mangoes and *jicama* are seasonal, yet cucumbers and yucca are always available.

Yucca is her most high-demand item and Niña Noy is an expert at preparing the tuberous vegetable, parboiled or fried. Each week, she goes through about 2 *bultos* or huge net-like sacks of about 300 yucca roots each. She usually cooks 2 huge pots of the vegetable each day and rarely has anything left at the end of the day. Yucca is popular as a snack or main dish, yet because it can be time-consuming to prepare, many find it easier to purchase the expertly-prepared yucca of Niña Noy.



### **Boiled Yucca**

Yucca – quantity as desired  
Cabbage, grated  
Tomatoes, sliced  
Salt  
Lemons  
Chile sauce

Peel the yucca with a sharp knife to remove the tough outer skin. Cut into large chunks and place in a large pot with water to cover. If possible, let the yucca soak overnight to speed the cooking process. The next morning, rinse the yucca and again place in the large pot with water. Cover the pot and boil, undisturbed, for about 1 to 1 ½ hours or until the yucca is semi-soft. Do not overcook. (A piece of plastic can be put inside the pot lid to ensure that the top pieces cook evenly.) Drain well. The yucca can be served immediately as is or with a little salt and/or cream. If the yucca is to be eaten later or as a snack, place the pieces in plastic bags while still warm – the heat and moisture will keep the yucca soft and prevent it from becoming tough. If desired, place a small amount of grated cabbage and a slice of tomato in the bag as well. When ready to eat, add a dash of salt, lemon juice, and hot chili sauce, as desired.

### **Fried Yucca**

Prepare a cabbage slaw with the grated cabbage, a dash of salt, lemon juice, and hot chili sauce. Mix well.

Cook the yucca as above. After draining, set aside to cool slightly. Carefully separate the pieces to remove the tough center veins. Heat a mixture of half lard and half oil for deep frying. Fry the yucca until golden brown, about 10-20 minutes. Remove with a fork or slotted spoon and cool slightly. The yucca can be served immediately as is with the prepared cabbage slaw. Or, place yucca pieces in small plastic bags with a little cabbage slaw and a piece of tomato -- and set aside to enjoy later.

### **Yuca Sancochada**

Yuca – la cantidad que desea  
Repollo, raspado  
Tomates, partido en rodajas  
Sal  
Limones  
Chile piquante (salsa roja)

Se pela la yuca, se corta en pedazos grandes, y se pone en un caserola grande con agua. Si es posible, déjelo en agua toda la noche para cocinarlo más rápido la mañana siguiente. Lave la yuca y póngala de nuevo en la caserola con agua. Se tapa y se pone a hervir por una hora o más, hasta que los pedazos estén medio-blandos. (Se puede poner un pedazo de plástico encima de la yuca para asegurar que los pedazos se cocinen de manera uniforme.) Escurre bien la yuca. Ya está lista para comer caliente con sal y/o crema. Si es para comer más tarde, se pone los pedazos en bolsitas – el calor y humedad mantienen la yuca blanda. Si quiere, eche un poco de repollo raspado y una rodaja de tomate en la bolsita con la yuca. Cuando va a comerla, eche un poco de sal, limón y chile picante, al gusto.

### **Yuca Frita**

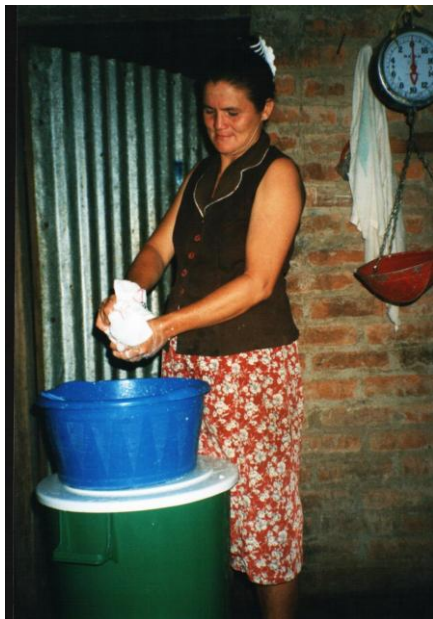
Prepare un curtido con el repollo raspado, sal, limón y chile picante. Mezclelo bien.

Cocine la yuca como se ha indicado. Después de escurrir, deje enfriar un poco los pedazos. Separe los pedazos y quite las venas. Tenga cuidado para no deshacer la yuca. Caliente una mezcla de aceite y manteca para freír la yuca. Fría los pedazos por 10-20 minutos hasta que queden dorados. Así la yuca está lista para comer con un poco del curtido. O, si va comerla más tarde, se pone los pedazos en bolsitas con el curtido preparado y una rodaja de tomate. Disfrútela.

## Quesadilla

Marta Lucía Tejada  
Agua Caliente

Niña Lucía makes and sells *quesadilla* using the milk from her family's cows. Typically, the process begins on Saturday afternoon when the batter is made from the collected milk and left to rest overnight. Early Sunday morning, around 4 am, a fire is started in the traditional mud brick oven. Within a few hours, the first batch is taken from the oven and a few regular clients arrive to make their purchases. Also, two of Niña Lucía's daughters fill large *huacales* (plastic bowls) with *quesadillas* wrapped in plastic bags. They carry the *huacales* on their head and sell the warm bakery from house to house. By 6:30 or 7:00 in the morning, all of the *quesadilla* is normally sold-out. Niña Lucía learned to make *quesadilla* as a young girl at home. She only began baking *quesadilla* for sale about a year ago.



*Niña Lucía strains the cuajada mixture through a cloth.*



*At a table near the oven, Niña Lucía fills the tins with the quesadilla batter using a traditional "huacal" made from a dried gourd.*

**Quesadilla** (yields about 45 cakes of about 5" x 7" or 6" x 8",  $\frac{3}{4}$ " high)

10 lbs of rice flour (recipe follows)  
8 lbs of *cuajada* (recipe follows)  
2 lbs of *requesón* (recipe follows)  
5 lbs of *crema* (a thicker version of cream)  
6-7 lbs of sugar  
Cinnamon (optional)  
Lard or shortening

**Cuajada** (yield about 22-23 lbs of cuajada)

80 bottles of fresh milk (.75 liter each)  
Rennet – 1 tablet  
Salt (about 1 teaspoon per 1.5 lbs of cuajada in total, or less) – a semi-coarse grain preferred

Collect the milk in a very large bowl. Skim all the cream from the top and reserve for other uses. To the remaining milk, add 1 tablet of rennet and let rest for  $\frac{1}{2}$  to 1 hour or more. (Less time is required when the weather is warmer). Stir the mixture a little and use a sieve to remove the semi-firm hunks of cuajada which have formed. Place a large ball of the strained mixture in a clean cheesecloth and squeeze out excess water and milk. Knead the mixture on a flat wooden surface and add a very small amount of salt. Shape into small  $\frac{1}{2}$ -pound loaves about 6" long.

Continue this process until all the cuajada has been extracted from the milk mixture. The remaining milk is then used to make *requesón*, a cottage cheese-like product.

### **Requesón**

Place the milk mixture remaining after removing the cream and the *cuajada*, in a large pot and place over the fire. Bring to a boil, stir and continue cooking for about an hour. Then pour the mixture through a sieve to reserve the *requeson*. The liquid or *suelo* that remains is used for animal feed.

**Quesadilla** (rendimiento aprox. 45, de 5" x 7" o 6" x 8",  $\frac{3}{4}$ " de altitud)

10 libras de harina de arroz (receta sigue)  
8 libras de cuajada (receta sigue)  
2 libras de requeson (receta sigue)  
5 libras de crema  
6-7 libras de azucar  
Canela molida (opcional)  
Manteca

**Cuajada** (rendimiento 22-23 libras)

80 botellas de leche (.75 liter c/u)  
Cuajo – 1 pastilla  
Sal – 1 cucharadita o menos por cada 1.5 libras de cuajada

Ponga la leche en una olla o huacal grande. Saque la crema de encima y reservela para otro uso. En la leche que queda, eche una pastilla de cuajo y dejela por  $\frac{1}{2}$  - 1 hora. (Se necesita menos tiempo cuando hace calor.) Revuelva la mezcla un poco, saque algunos pedazos de cuajada y pongalos en un mantel limpio. Escurra el exceso de agua y leche. Amase la cuajada en una batea (o mesa de madera) echando muy poquito sal. Forme la cuajada en pelotas ovaladas de 6 pulgadas (6"), más o menos.

Siga el proceso para sacar todo la cuajada. La leche que queda se usa para preparar requesón.

### **Requesón**

Ponga la leche que queda después de sacar la crema y la cuajada en una olla grande al fuego. Haga hervir y cocine la mezcla, revolviendola frecuentemente, por una hora, más o menos. Pase la mezcla por un colador y reserve el requesón. El suero que queda se usa para los animales.

### **Harina de arroz**

Lave el arroz y sequelo en el sol. Llévelo al molino para hacer la harina.

### **Rice flour (harina de arroz)**

Wash white rice and allow to dry in the sun.  
Grind the rice into flour.

### **Quesadilla**

Knead the *cuajada* on a flat surface (with hands or a *molino* stone) to ensure that it is not grainy. In a very large bowl, mix the cream, *cuajada*, sugar and *requesón*. Beat well and add the flour (and cinnamon if desired). If there is a shortage of cream, or if the mixture is too dry, you may add eggs. Beat the mixture very well and then cover with a cloth and allow to rest overnight.

Early the next morning, heat the oven. Grease the metal tins (about 5" x 7" x 1") with a little lard. Pour batter into tins, tap flat and bake for about 20 minutes or until firm and golden brown.

Remove from tins and enjoy warm or cold.

### **Quesadilla**

Amase la *cuajada* (con piedra de moler ) para suavizarla. En una olla o huacal grande, haga una mezcla de la crema, *cuajada*, azúcar y *requesón*. Mézclela bien. Agregue la harina (y canela si desea). Si falta crema, o si la mezcla está seca, se puede agregar huevos. Mezcle todo bien, tápelo con mantel y déjelo hasta el siguiente día.

Por la mañana, caliente el horno. Engrase las latas con manteca y eche la masa. Hornear las quesadillas por unos 20 minutos o hasta que queden doradas.

Saque las quesadillas de las latas y disfrútelas calientes o frías.



*Niña Lucía and her daughter remove the warm quesadillas from the oven.*



### **Pan de Sorgo (Sorghum bakery)**

Bartola Joachin Monge (Alicia) and Elmer Antonio Lopez Menjivar  
Cantón Obrajuelo, Agua Caliente

Elmer, Niña Alicia and others from Obrajuelo attended a FUNDESYRAM training course in preparing flour and baked goods from *maicillo* or *sorgo* (sorghum). The grain is traditionally grown solely for animal consumption, or as a lesser substitute for maize in preparing tortillas during times of shortage. Sorghum, however, is a nutritious food source with a variety of uses. Elmer demonstrated the baking process at the annual fair in Agua Caliente in 1999 and also gave a training class to a group of women in town. Recipes include cookies, sweet bread and various specialty baked goods.

Niña Alicia has made sorghum flour bakery at her home and often makes substitutes and adjustments according to her tastes, experience and the availability of ingredients. The flour is made from the sorghum grain, which is taken to the *molino* and ground very fine. Flour made from corn (*maize foco, crudo*), which is toasted slightly and then ground fine, can also be used. Cinnamon can be ground directly with the grain or added later to the batter. Cream is generally more expensive than eggs but can be substituted for a richer flavor – or use a combination of both. The dough is mixed by hand on a large wooden platter or *batea* and a traditional wood-fired clay oven is used for baking.



*Elmer displays the sorghum cookies he baked during the Feria in Agua Caliente in March 1999.*



*Designs are pressed into the salpores with forks, spoons, dried corn on the cob, and/or other tools.*

***Recetas de MAG (Ministerio de Agricultura y Ganaderia) CENTA – Uso de harina cruda de sorgo isiap dorado. (The following recipes, from the Ministry of Agriculture, have been altered somewhat by the bakers in Agua Caliente...)***

### **Salpores (Cookies)**

Sorghum flour – 4 lbs (A flour made from toasted dried corn can also be substituted)  
Cinnamon – ground into flour or add 1 tsp or so of powdered cinnamon, to taste  
Sugar – 2 lbs  
Baking powder or baking soda – about 1 tsp +  
Shortening (lard) – 1.5 lbs plus .5 lb melted  
Cream (thick) – ¾ liter OR 2 beaten eggs OR a combination of cream and eggs

Combine all ingredients except the .5 lb of melted shortening. Mix and add the remaining shortening. Mix well and add a bit of water if necessary.

To form the cookies, use about 1 large tablespoon of the dough and shape into an oval or circle. Flatten slightly and press designs into the cookie with forks, spoons, dried corn cobs or other instruments. Place on ungreased tins and bake for about 8-10 minutes or until golden brown.



*Niña Felix and Niña Alicia mix the batter by hand in a wooden "batea."*

### **Salpores**

Harina de maicillo – 4 libras (Se puede sustituir una harina hecha de maiz fino y crudo, tostado y molido)  
Canela – molida en la harina o eche una cucharilla de polvo, al gusto  
Azúcar – 2 libras  
Royal (polvo de hornear) o bicarbonato (un sobre) – 1 cucharadita, o más  
Manteca – libra y media; más media libra deshecha  
Crema – 1 botella O 2 huevos batidos O una combinación de los dos

Amáse todos los ingredientes, sin la manteca deshecha. Amáselo y agregue la manteca deshecha. Amáselo y agregue un poco de agua si necesita.

Para formar los salpores, utilice una cucharada de la masa y haga una pelota. Apretela y haga diseños encima con tenedores, cucharadas, elotes (secos) u otros instrumentos. Ponga los salpores en latas (no engrasadas). Hornear por 8-10 minutos o hasta que queden doradas.



*Niña Alicia and Niña Mina remove the hot baked goods from the oven with a long-handled tool.*

### **Rosquetes (Cookies)**

½ pound sorghum flour  
1 teaspoon baking powder  
4 ½ ounces white sugar  
2 ½ ounces vegetable shortening  
2 large eggs  
1 teaspoon vanilla extract and/or cinnamon,  
grated orange rind, as desired

Sift the flour 2 times, add the baking powder and sift once again.

Beat the shortening and add the sugar and sifted flour. Add the eggs and vanilla.

Beat well and add water (if necessary) to soften the dough. Let the dough rest for 20 minutes.

Take small pieces of dough and roll and mold into logs of about 6 cm long, bringing the ends together to form circles.

Place the cookies on greased tins, leaving about 2 cm. space between each cookie.

Bake for about 8-10 minutes at 350, watching closely until done.



### **Rosquetes 100% sorgo\***

½ libra de harina de sorgo crudo  
1 cucharadita polvo de hornear  
4 ½ onzas de azúcar blanca  
2 ½ onzas manteca vegetal  
2 huevos grandes  
1 cucharadita de vainilla y/o canela, ralladura de naranja al gusto

Cernir dos veces la harina de sorgo, mezclar el polvo de hornear con la harina y cernir una vez más.

Amasar la manteca y agregar el azúcar y la harina cernida. Agregar los huevos y la vainilla. Amasar fuertemente y agregar agua hasta docilitar la masa. Dejar reposar la masa durante 20 minutos.

Tomar pedazos de masa, moldearlo y estirarlo en forma de candelas sólidas, cortar a más o menos seis centímetros de largo, unir las puntas para que queden en forma de rosquete.

Colocar en las latas engrasadas los rosquetes separados entre sí dos centímetros.

Hornear a temperatura media en horno de leña, de 8-10 minutos a 350 grados centígrados en horno de gas o eléctrico. Tener cuidado que el horno permanezca tapado durante los 8 minutos de cocción de los rosquetes.

*"Dulce de panela", a crystallized sugar cane similar to brown sugar, is frequently used as a sweetener in baked goods – here it is used as a filling for a pan de sorgo "semita" or coffee cake.*



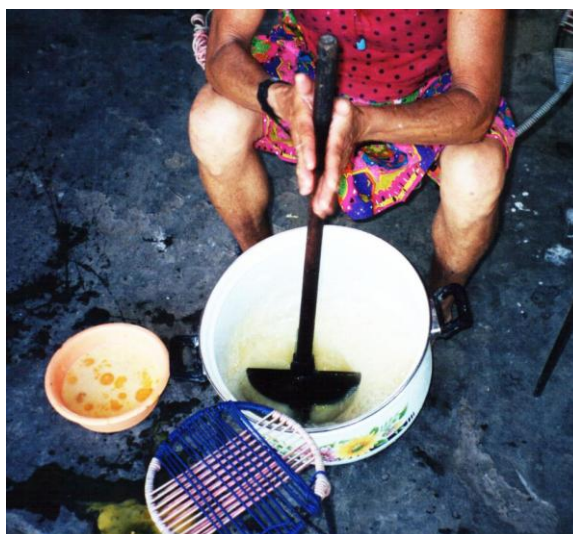
### Marquesote

Niña Adela Flores  
Agua Caliente

Niña Adela began baking breads when she was 17 and is now 54 years old. She was born in the nearby municipality of La Reina, has lived in different parts of Chalatenango, and moved to Agua Caliente 4 years ago. She has been baking and selling breads – marquesotes, salpores, pan de trigo, empanadas and others – since she arrived in Agua Caliente. Niña Adela has 12 children and currently lives with 11 of her children and grandchildren. Some of the older girls help with the baking. They also make and sell tortillas three times a day, every day. Niña Adela made marquesote when she was in Texas and her North American boss liked it so much that she was requesting the sweet bread on a regular basis. Niña Adela uses sight, smell and touch more than exact measures and her baking methods are shaped by her years of experience. Because the costs for ingredients are high and the market is limited, Niña Adela bakes only about 3 or 4 times a week in Agua Caliente and her girls sell the bread from door to door in town.



*Niña Adela and her daughter separate eggs into the marquesote batter.*



*Niña Adela uses a traditional, wooden "batidora" to beat the eggs and the marquesote batter.*



**Marquesote** (yield about 27-30 cakes of 5" x 7" or 6" x 8", 1 – 1 ½ " high)

Eggs – 30  
Rice flour – 5 lbs  
Flour (white, wheat) – ½ lb  
Sugar – 4 lbs  
Vanilla – 1 large tablespoon  
Cinammon – 1 large stick, about 6"  
Anise seeds – about 1-2 tablespoons, ground  
Baking powder – about 1 tablespoon

Sift and combine the 2 flours and set aside in a large bowl. Grease the tins to be used.

Pound or grind the cinnamon stick a bit and place in a large saucepan with about 1 cup of water. Add the 4 pounds of sugar and place over medium-high flame. Stir and cook for a while until a syrup is formed, then add the ground anise and continue cooking while you continue with the batter. (Watch carefully, add water if the syrup returns to a solid state.)

Separate the 30 eggs. Put yolks in small bowl with a little water; the whites into a very large mixing pot. Beat the egg whites until soft peaks begin to form, then add yolks and continue beating. Add vanilla and continue beating.

When the sugar syrup has boiled and absorbed the flavors of the spices, turn off the heat and add half this mixture to the batter. Continue beating, add the baking powder and continue beating. Add the remaining syrup and beat well.

Heat oven. (If using a traditional oven, start leña fire and burn until coals are formed, completely burn, and then sweep out the ashes.) When the oven is very hot, add the flour to the batter and mix well. Quickly fill the greased tins about 2/3 to ¾ full and place in hot oven. Close the top, front and back openings. Baking time will vary between 5 – 12 minutes.

Remove cakes from tins and enjoy warm or cold.

**Marquesote** (27-30 porciones de 5" x 7" o 6"x 8")

Huevos – 30  
Harina de arroz – 5 libras  
Harina de trigo – ½ libra  
Azúcar – 4 libras  
Vainilla – 1 cucharada grande  
Canela – un pedazo grande (6")  
Anís – 1 o 2 cucharadas, molidas  
Royal (polvo de hornear) – 1 cucharada (1/2 de una bolsita de 1 colon)

Combine y cierna las 2 harinas en una olla grande. Engrase las latas.

Muele la canela y pongala en una olla grande con una taza de agua. Eche todo el azúcar y pongala a fuego. Calentar y revolver la mezcla hasta que forme un jarabe o miel. Agregue el anís y siga cocinando mientras que hace la masa. (Tenga cuidado – si la mezcla se hace sólida, eche un poco de agua.)

Aparte los huevos. Ponga las yemas en una olla pequeña con un poco de agua; las claras en una olla grande. Bata las claras hasta que formen montañas suaves. Agregue las yemas y siga batiendo. Agregue la vainilla y siga batiendo.

Cuando el jarabe de azúcar ha hervido y tenga el sabor de las especias, apague el fuego y agregue la mitad de la mezcla a la masa. Siga batiendo, agregue el polvo de hornear, y siga batiendo. Agregue el jarabe que queda y bata todo bien.

Caliente el horno. Cuando esté bien caliente, agregue la harina a la masa y mezcle todo bien. Rápidamente llene las latas engrasadas (2/3 o ¾ llena) y póngalas en el horno. Tape el horno. Va hornear por 5-12 minutos, según el calor y el tamaño de las latas.

Saque los marquesotes de las latas y disfrutelas calientes o frías.

### **Empanadas de Arroz (Rice Flour Pastries with cream filling)**

Antonia del Carmen Monge  
Cantón Obrajuelo



Niña Mela moved into the Agua Caliente area about 10 years ago, during the war. She now lives with her father and three children in Cantón Obrajuelo, where she is well known for her cooking talents. For the past year or so, she has made and sold *pasteles* on Tuesdays. For the past 7 years, she has made *quesadillas* on Sundays. On at least one other weekday, Niña Mela prepares a batch of baked goods for sale. For the last year or so, she has been baking *empanadas* and *salpores* with rice flour. She mixes up a large batch of the rice flour dough, from which she is able to make about 60 *empanadas* and 120-150 *salpores* or cookies. Previously she made *pan de trigo* (wheat flour cakes) and *semita de sorgo* (a sorghum flour coffee cake pastry). Niña Mela also plans to attend a training class, offered through a women's cooperative, on baking with soy flour and soy milk products. When her traditional mud and clay oven began to fall apart last year, she replaced it with a brick, wood-fired version, which she expects will last longer. Her many clients also hope that Niña Mela will continue baking for a long time.



The empanadas are formed by placing a small thin "tortilla" on a piece of baking paper, followed by a spoonful of milk filling and a second sweet "tortilla". Niña Mela removes the empanadas and salpores after only a few minutes in a very hot wood-fired oven.

### **Rice Flour Pastries with Cream Filling**

Rice flour – 16 lbs  
Sugar – 5 lbs  
Salt – about 1-2 tablespoons  
Lard/shortening – 2 pounds, melted  
Eggs – 15  
Cream (thick) – about 1/3 cup+, (cottage cheese or other sweet, soft cheese can also be added)  
Baking powder – 2 tablespoons  
Parchment paper – about 65 4" x 4" squares

Milk (fresh, whole) – about ¾ liter  
Water – about ¾ to 1 liter  
Sugar – about 1 pound  
Salt  
Cinnamon – about 1 stick

Rice flour can be made from rice (*arroz miga*) which is rinsed in water, spread out to dry, and then ground to flour. (The rice flour should be soft yet somewhat coarse – if it is too fine the resulting bakery will be dense and hard.)

Begin by making the filling. Break up the cinnamon stick and place in a small saucepan with very little water to cover. Bring to a boil, stir, remove from flame and set aside. Using about 1 pound of the rice flour and a cheesecloth, strain the milk and water through the flour into a large saucepan. Squeeze the cloth well to extract all of the liquid. Add a pinch of salt and about ½ pound of sugar to the pan and place over a low to medium flame. Stir constantly to prevent scorching. Strain and add the cinnamon liquid. When the mixture just begins to thicken, add another ½ pound of sugar or so and continue stirring. When the mixture boils and has thickened, remove from heat and set aside to cool.

Mix the flour (16 lbs minus the 1 lb or so used to make filling), salt, baking powder and sugar on a large, clean work surface. Make a well in the dry ingredients and add the cream (and optional other sweet soft cheese for added richness) and about 7 or 8 of the eggs. Begin to mix and knead

### **Empanadas de Arroz**

Harina de arroz – 16 libras  
Azúcar – 5 libras  
Sal – 1-2 cucharadas  
Manteca – 2 libras, deshechas  
Huevos – 15  
Crema – ½ botella (se puede echar requesón también)  
Polvo de hornear – 2 cucharadas  
Papel de empaque -- 65 pedazos de 4" x 4"

Leche – 1 botella  
Agua – 1 botella, más o menos  
Azúcar – 1 libra, más o menos  
Sal  
Canela – un pedazo de 2-4 "

Se puede preparar la harina de arroz con arroz miga. Se lava, se seca y se lleva al molino. (La harina queda un poco gruesa – si está demasiado fina, el pan estará duro.)

Empiece con el relleno. Rompa la canela en pedazos y póngalos en una olla pequeña con un poquito de agua. Haga hervirlo, revuélvalo y déjelo a parte. Con más o menos una libra de harina y un mantel limpio, cuele la leche y el agua en una olla grande. Aprete bien el mantel para sacar todo el líquido. Eche un poco de sal y ½ media libra azúcar en la olla y póngala a fuego bajo. Revuelva constantemente para no quemarlo. Escorra la canela y eche el líquido en la olla. Cuando la mezcla empieza a estar espesa, agregue otra ½ libra de azúcar y siga revolviendola. Cuando esté hirviendo y más espeso, quite el fuego y deje enfriar el relleno.

Ponga la harina (16 libras, menos lo usado para el relleno), sal, polvo de hornear y azúcar en la mesa o una batea grande. Haga un pozo en los ingredientes secos y eche la crema (y requesón, si quiere) y 7 o 8 de los huevos. Empiece a amasar la masa. Agregue la mitad de la manteca deseche y siga amasando. Agregue los huevos y manteca que faltan y siga amasando. Agregue un poco sal, si es necesario. (Si la

the dough. Add about ½ of the melted lard and continue mixing. Add the remaining eggs and lard and continue mixing and kneading. Add a little salt if necessary. (If the rice flour is too fine, you may need to add additional wet ingredients.) The resulting mixture should be the consistency of a soft cookie dough.

To form the empanadas, take about a tablespoon of the dough and pat into a small very thin circular tortilla, about 3 or 4 inches in diameter. Place this 'tortilla' on a parchment paper square and mound about 1-2 tablespoons of the milk filling on top. Make another 'tortilla' and place over the filling. (The edges will seal themselves during baking) Continue making empanadas until all of the filling has been used – about 60-65 pastries. (The remaining dough will be used to make *salpores* or cookies.)

Place the empanadas with their paper squares onto greased tins. Bake in a hot oven for about 5 minutes or until golden brown.

#### **Rice Flour Cookies (Salpores)**

(See dough recipe above)

Take about 1 ½ - 2 tablespoons of dough and shape into a flattened round or oval. Press designs into the cookie with a fork, spoon handle or other utensil. Bake on greased tins in a very hot oven for about 5 minutes.

harina está demasaido fina, absorbe más y habría que echar más ingredientes mojados.) La masa debe ser de la textura blanda para galletas.

Para formar las empanadas, tome una cucharada pequeña de masa y haga una tortillita delgada, de 3" o 4" en diámetro. Ponga la tortillita en un pedazo de papel y encima ponga una cucharada grande de relleno. Forme otra tortillita y pongala encima de relleno. (Las orillas van a pegarse en el horno.) Siga haciendo empanadas hasta que acabe todo el relleno. (La masa que sobre se puede utilizar para salpores.)

Ponga las empanadas con sus papeles en latas engrasadas y pongallas en un horno caliente por 5 minutos o hasta que las empanadas queden doradas.

#### **Salpores de Arroz**

*(Vea la receta anterior)*

*Para formar los salpores, tome una cucharada grande de la masa y haga una pelota u óvalo. Apriételo y ponga algunos diseños con un tenedor, cuchara o otra herramienta. Ponga los salpores en latas engrasadas en un horno caliente por 5 minutos o hasta que queden dorados.*



### **Pan Dulce – Santanecas**

Maria Julia Landaverde  
Agua Caliente

Maria Julie Landaverde has operated a *panadería* or bakery in Agua Caliente for the past 9 years. At present, it is the only *panadería* in town that makes its own bread products on site. The bakery is made in large quantities and sold to *tiendas* or small stores in town for re-sale. Deliveries are made by pick-up truck to several cantónes as well. Customers can also buy directly from the front room of the house. The *panadería* operates 6 days a week, and makes the staple *pan francés*, as well as several sweet breads or *pan dulce* – *salpores*, *peperеча*, *novias*, *semita*, and *santanecas*. A large wood-fired oven is used and while the dough is mixed by hand in a wooden 'trough', an electric kneading machine is also available (with a hand crank for power outages). As there is no running water, nor room to dig a well, water is hauled in by *canteros* or water jugs from a public well. Three employees, Carlos, Cruz and Chico, currently do the majority of the baking. The family helps with packaging and sales. Niña Mari learned the bakery business from her sister, who operates a *panadería* near Apopa, and she has now established her own successful business in Agua Caliente.



*Niña Mari reviews the "novias" ("girlfriends") that are left to rise before baking.*



*Cruz and Chico (left) slide a large semita (coffee cake) into the hot oven. Chico has been learning the baking business from Cruz. Carlos (above) learned the baking business in Nueva Concepción and devotes all of his time, 6 days a week, to making pan francés. Cruz and Chico work on the sweet breads.*



*Juan Cruz Tejada, who has worked at the panadería for 9 years, prepares the sweet yeast dough that will be used for peperecha, novias and semita.*

**Santanecas** (Yield about 238 cookies/rolls)

Cakeflour – 24 pounds  
 Sugar – 12 pounds  
 Yeast (dry, powdered) – 1 handful  
 Lard/shortening – 2 pounds  
 Baking powder – 1 handful  
 Water – about 3 quarts  
 Salt – 2 ounces, more or less  
 Sesame seeds – less than a handful

Parchment paper or brown kraft paper – about 238 squares of 6" x 6" each

Make a mixture of all ingredients, except the sesame seeds, and beat well. (The batter should be fairly stiff.) Grease the cooking sheets and arrange the pieces of paper with spaces between each. Place a very large spoonful in the center of each piece of paper and sprinkle a few sesame seeds on top. Place the cooking sheets in a pre-heated oven (about 350° F) for about 15-20 minutes or until the santanecas are golden brown.

*Tins of "santanecas" (below) are sprinkled with sesame seeds and lined up, ready to go into the hot oven.*



**Santanecas** (Rendimiento aprox. 238)

Harina de trigo suave – 24 libras  
 Azucar – 12 libras  
 Levadura (seca) – 1 puñada  
 Manteca ("especial para panificación") – 2 libras  
 Royal (Polvo de hornear) – 1 puñada  
 Agua – 1 huacal mediano, 3-4 litros  
 Sal – 2 onzas, más o menos  
 Ajonjolí – poco, menos de 1 puñada

Papel empaque – aprox. 238 pedazos de 6" x 6"

Haga una mezcla (no tan líquida) con todos los ingredientes sin el ajonjolí. Engrase las latas y arregle los pedazos de papel encima con espacio entre cada uno. Ponga una cucharada grande en el centro de cada pedazo de papel y espolvorea un poquito de ajonjolí encima de cada una. Ponga las latas en el horno (no tan caliente) por 15-20 minutos, más o menos, hasta que las santanecas queden doradas.

### **Dulces de Leche (Milk Candy)**

Modesta Lopez de Quintanilla  
Agua Caliente

Niña Modesta lives with her husband, Don Moncho, and 3 children on the outskirts of Agua Caliente. She was born and raised in Cantón Agua Zarca and moved into town with Don Moncho about 20 years ago. The family farms a small plot of land and raises 4 cows. Don Moncho grows corn and sorghum, which he mixes with sugar cane and other products to feed his cows. Because of this rich diet, the cows are far above average in production for the area, producing about 55+ "botellas" of milk per day (1botella = .75 liter). Every morning, a pick-up truck passes through the area to collect the milk from the small producers such as the Quintanilla family. On special occasions, Niña Modesta reserves some of the fresh, whole milk and makes *dulces de leche* or milk candy.



*Niña Modesta poses with the finished "dulces de leche" in a "batea" – a shallow wooden bowl into which the hot mixture was poured, cooled and formed to make the candies.*

#### **Milk Candies** (about one 9" x 12" pan of candies)

Milk (whole milk and/or a mix of milk and cream)  
– 2 ¼ liters or 2 quarts plus 1 ½ cups  
Cinnamon – 1 stick, broken in pieces  
Sugar – about 2 ½ lbs

Pour milk into a large heavy saucepan, place over flame and bring to a boil. Lower the flame and continue cooking. Add the cinnamon pieces and continue cooking over low heat, stirring occasionally, for about ½ to 1 hour. (Cinnamon pieces can be removed later if desired.) Add the sugar, stir well and continue cooking at a low boil. Stir frequently while the mixture thickens to prevent sticking. Cooking time may vary and last up to 2 or more hours in total.

The mixture is ready when a drop in a glass of water does not dissolve and makes a soft ball ("softball stage"). Pour the thick mixture onto a large wooden surface and mix with a spoon to cool the mixture and shape into a rectangle about ½" to 1" high. Cut into squares while still warm and allow to cool.

#### **Dulces de Leche** (aprox. una lata de 9" x 12" )

Leche – 3 botellas de leche entera (con crema)  
Canela – ½ - 1 onza o 1 rajita pequeña, en pedazos  
Azúcar – 2 ½ libras, más o menos

Cuele la leche y pongala en una olla al fuego. Deje hervir, baje el fuego y siga cocinando. Eche la canela en pedazos y siga cocinando por ½ hora o 1 hora, revolviendo la mezcla de vez en cuando. (Se puede quitar la canela si quiere.) Eche el azúcar, revuelva todo bien y siga cocinando. Revuelva frecuentemente cuando la mezcla espesa para no pega a la olla. El tiempo para cocinar varía y puede durar 2 horas o más en total.

La mezcla está lista cuando una gota en un vaso de agua no deshace. Ponga la mezcla espesa en una batea (o tabla de madera grande) y revuélvala con una cucharada para enfriarla y formar una cuadra de ½" a 1" de alto. Corte la cuadra en porciones cuando está caliente y dejelo enfriar.



